

## Safe Over-The-Counter Medications during Pregnancy

The following medications are usually safe to take during pregnancy for the symptoms listed. Please call your provider if your symptoms are severe or do not improve with the following medications. All medications listed are available at your local pharmacy without a prescription. **No herbal products are allowed during pregnancy.**

### Congestion

- Ocean Nasal Spray
- Sudafed / Pseudoephedrine - *Avoid first trimester; Avoid with HTN; Take no longer than 2 days*
- Benadryl
- Actifed, Tylenol, Chlor-Trimeton, Vicks Vapor rub

### Constipation

- Colace
- Metamucil
- Senokot/Senokot S

### Cough

- Robitussin, plain
- Triaminic - *Avoid first trimester; Avoid with HTN; Take no longer than 3 days*

### Diarrhea (if your temperature is <100.4)

Call your primary care physician if diarrhea lasts 48 hours or more and/or is bloody

- Imodium
- Clear liquids for 24 hours

### Headache/Muscle Aches and Pain

- Tylenol, including Extra Strength
- ***Do not take aspirin, ibuprofen, or naprosyn unless directed by your physician***

### Heartburn

- Tums
- Maalox
- Mylanta

### Insomnia

- Benadryl 25-50 mg by mouth at bedtime as needed

### Sore Throat

- Tylenol
- Cepestat / Cepacol,
- Chloraseptic spray or equivalent
- Lozenges
- Gargle with warm salt water several times a day

### Nausea and Vomiting

Call the office if vomiting persists more than 24 hours.

- Emetrol
- Clear liquids for 24 hours

### Painful Urination

Please call the office in the event of painful urination.