

Safe Medications

The list below is over the counter/non-prescription medications and treatments that may be used to relieve discomforts experienced during your pregnancy. Please call your Physician before taking any medication other than the ones listed below.

Condition/Symptom	Over-the-Counter Medications & Other Treatments.
Headache	Tylenol, Regular or Extra Strength, Excedrin Migraine, Caffeine Do NOT use aspirin or ibuprofen which may be harmful to the fetus. Warm compress to eyes, temples and nose to relieve a headache in the sinus area. Cold compress to the back of the neck to relieve a tension headache. Reduce stress with relaxation exercises. Rest in a dark, quiet room and get enough sleep.
Allergies	Benadryl Tylenol Sinus Zyrtec (NOT Zyrtec D) Claritin Flonase
Cold Symptoms	Benadryl Tylenol, Regular or Extra Strength Emergen-C Zyrtec (NOT Zyrtec D) Increase fluids. Call Physician with fever over 100.4
Congestion Runny Nose	Benadryl Robitussin DM Vicks Vapor Rub Drink Plenty of Fluids Use a humidifier Elevate your head when you sleep Ocean or Any Saline Nasal Spray
Cough	Cough Drops or Throat Lozenges Robitussin DM Increase Oral Hydration
Fever	Tylenol, Regular or Extra Strength <i>Report any fever greater than 100.4 that does not respond to Tylenol</i>
Sore Throat	Cepacol Lozenges Chloraseptic Spray or Lozenges Saltwater Gargle
Constipation	Chia Seeds Glycerine Suppositories Metamucil Colace Flax Seed Milk of Magnesia MiraLAX Magnesium Drink at least 8-10 glasses of water each day Eat foods high in fiber such as raw fruits, vegetables, and bran.
Diarrhea	Bland Diet or BRAT diet (Bananas, rice, applesauce, tea, or toast) Immodium Call your physician if symptoms persist for more than 24 hours. Lomotil
Gas	Increase Walking Simethicone Avoid gaseous foods: broccoli, cauliflower, onions, and dairy.
Antibiotic Skin Ointment	Neosporin
Skin irritation/Rash/Itching	Benadryl Claritin Moisturize twice a day Caladryl Lotion Coconut Oil Avoid long, hot baths/showers Calamine Lotion Neosporin Hydrocortisone 1% Cream
Sleep Problems/Insomnia	Benadryl Tylenol PM Unisom
Vaginal Yeast Infection	Monistat – use the 5- or 7-day course. Call the office for any signs of infection (itching, irritation, greenish or yellow color, odor) or if you may be leaking amniotic fluid. Do not douche.
Hemorrhoids	Preparation-H Anusol Tucks Witch Hazel
Nausea/Vomiting	Vitamin B6 (25mg every 6 hours)
Heartburn	Tums Pepcid Prilosec Mylanta Maalox