

OVER-THE-COUNTER MEDICATIONS KNOWN TO BE SAFE IN PREGNANCY

Please remember to ask us about any medication that is not on this list before you consider taking it.

SYMPTOM	MEDICATION
Cold and flu	Dextromethorphan, guaifenesin, Benadryl, Vicks vapor rub, cough drops, Sudafed (after 1 st trimester only), acetaminophen, saline spray/wash
Environmental allergies	Benadryl, Zyrtec, Claritin
Nausea	Benadryl, vitamin B6
Headache	Acetaminophen (No ibuprofen, Aleve, aspirin, or other NSAIDs)
Diarrhea	Imodium (after 1 st trimester, only 24 hours of use)
Constipation	Citrucel, Colace, Metamucil
Skin cut/abrasion	Neosporin, bacitracin
Heartburn	Tums, Mylanta, Maalox, Pepcid AC, Zantac
Fever	Acetaminophen (No ibuprofen, Aleve, aspirin, or other NSAIDs)
Hemorrhoids	Preparation H, Tucks pads or ointment
Rashes	Hydrocortisone cream or ointment, Benadryl cream
Insomnia	Benadryl, Unisom