

Over the Counter Medicines Ok'd by Our Doctors
For Use during Pregnancy

**** 1st trimester patients should try to avoid any medications unless absolutely necessary. ****

Cold/Cough/Allergy Relief

****Important****: Avoid products that contain the decongestant phenylephrine which is sometimes indicated on the box by the initials PE. The decongestant recommended in pregnancy is pseudoephedrine. Products with pseudoephedrine are only available by asking at the pharmacy counter. They are kept behind the pharmacy counter only.

Benadryl- (Diphenhydramine) *antihistamine; sedative*

Claritin- (Loratadine) *non sedating antihistamine*

Zyrtec - (Chlorpheniramine) *antihistamine*

Sudafed- (Pseudoephedrine HCL) *decongestant (DO NOT USE Sudafed PE) Caution may ↑ blood pressure*

Mucinex (Plain) - (Guaifenesin) *expectorant*

Delsym (Plain) - (dextromethorphan HBr) *anti-tussive*

Robitussin DM- (Dextromethorphan HBr, Guaifenesin) *anti-tussive, expectorant*

Vicks Vapor Rub

Cough Drops

*Note: Nursing Mothers: Decongestants suppress milk supply therefore they should be avoided when nursing or pumping

Multi-symptom medication products are not recommended in pregnancy. Most multi-symptom products contain phenylephrine (PE)

Nasal Sprays

Saline Spray

Afrin Spray

Neo-Synephrine

Flonase

*Be careful not to use decongestant sprays more often than recommended on the package.

Pain Relief/Headache/Fever

Tylenol- Acetaminophen

Tylenol Extra Strength

****Call the office @410-571-9700 if pain/fever does not respond to over the counter medications or if headaches are accompanied by vision changes.**

Insomnia

Benadryl

Unisom

Indigestion/Heartburn/Gas/Upset Stomach

Mylanta - antacid, *antiflatulent*

Maalox, Rolaids - *antacid*

Tums - *antacid*

Gas X (simethicone) – *antiflatulent*

Zantac (75mg or 150 mg.), Pepcid, Tagament – *H2 blockers, reduces stomach acid production to decrease heartburn and acid indigestion.*

Yeast Infection

Monistat 7 - (Miconazole)

Gyne-Lotrimin 3 - (Clotrimazole)

A 7 day treatment is recommended as the most effective course of treatment

Constipation/Hemorrhoids

Colace, Ducolax, Milk of Magnesia, Miralax, Senokot/Senokot S – *laxatives/stool softeners*

Metamucil, Citrucel, Benefiber – *bulking products can be used regularly*

Preparation H or Anusol (suppositories or ointment creams) – *Hemorrhoid treatment*

Tucks Pads

* Make sure you are drinking at least 8 full glasses of water per day and increase dietary fiber.

Diarrhea

Imodium

Kaopectate

Rash/Bug Bites/Sunburn/Poison Ivy

Hydrocortisone Cream

Benadryl Lotion, Cream or Spray

Calamine Lotion

Aveeno Bath

Gold Bond Powder

Domeboro Powder

Bug Repellent Containing DEET

First Aid Preparations (Clean with soap and water first)

Neosporin

Polysporin

Cortaid Cream

Lanacort

Nausea/ Vomiting

Ginger ale, ginger products

Bland diet – toast, crackers, rice, applesauce, broth, tea

Ice chips Emetrol

Pedialyte Pops Sports drinks/Ice pops

B6 50 mg. daily B-Natal Pops

Unisom 25 mg. + B6

*Avoid greasy food, fried or spicy food and tomato products

Motion Sickness

Bonine

Dramamine

Please follow recommended dosage on the package when using over the counter medications unless otherwise discussed with a physician.

Revised October 2016 – Chesapeake Women's Care