

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 – (Cetirizine) *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