

OVER THE COUNTER SAFE MEDICATIONS LIST (DURING PREGNANCY AND LACTATION)

Avoid: Advil, Aleve, Ibuprofen and all NSAID containing products

Nausea and Vomiting

- Emetrol
- Diphenhydramine (Benadryl)
- Vitamin B6 25 mg four times per day
- Unisom
- Sea bands, acupuncture

Heartburn / Indigestion / Gas

- Famotidine (Pepcid AC)
- Rolaids, Titralac, Tums
- Gas X
- Avoid Pepto Bismol

Constipation

- Magnesium supplements: mag citrate, mag oxide
- Stool softener: Docusate (Colace)
- Fiber supplements: Citrucel, Fiberall, Metamucil, FiberCon
- Laxatives: occasional use only MiraLAX, Milk of magnesium, Dulcolax

Hemorrhoids

- Phenylephrine/mineral oil/petrolatum (Preparation H)
- Witch hazel (Tucks pads or ointment)

Diarrhea

- Loperamide (Imodium after 1st trimester, for 24 hours only)
- BRAT diet

Headache

- Acetaminophen (Tylenol)
- Excedrin Migraine
- Magnesium oxide

Allergies

- Benadryl, Claritin, Zyrtec, Tylenol allergy
- Nasal spray: Flonase, Nasonex, Afrin (limit to 3 days)

Cold and Flu symptoms

- Diphenhydramine (Benadryl)*
- Dextromethorphan (Robitussin)*
- Guaifenesin (Mucinex[plain]) *
- Vicks Vapor Rub mentholated cream
- Mentholated or non-mentholated cough drops
- Pseudoephedrine ([Sudafed] after 1st trimester)
- Acetaminophen (Tylenol)*
- Saline nasal drops or spray
- VICKS steamer, Warm salt/water gargle

***Note:** Do not take the "SA" (Sustained Action) form of these drugs or the "Multi-Symptom" form of these drugs. **Do not use Nyquil®** due to its high alcohol content.

First Aid Ointment - Bacitracin, Neosporin

Insect repellent - N,N-diethyl-meta-toluamide (DEET®)

Rashes

- Diphenhydramine cream (Benadryl), Calamine lotion
- Hydrocortisone cream or ointment
- Oatmeal bath (Aveeno®), Aveeno eczema relief

Sleep

- Unisom SleepGels, Benadryl, Tylenol PM
- Magnesium glycinate, magnesium citrate
- Avoid melatonin

Yeast Infection - Miconazole (Monistat) 7 day

Acne – all over the counter products are ok, AVOID retinol containing products

Iron supplements: Any iron supplement may be taken, 30mg elemental iron per day or more if anemia severe.