



Nonprescription Medications Thought To Be Safe In Pregnancy (Take medication according to package directions)

NAUSEA AND MOTION SICKNESS

- Vitamin C 500 mg, once a day with food
- Vitamin B6 50 mg, one three times a day
- Unisom tablets (not gel tabs) – 1/2 to 1 tab at bedtime; may also take 1/2 tab in the morning and mid-afternoon
- Dramamine
- Sea Bands
- Ginger tablets

CONGESTION AND COLDS

- Robitussin and Robitussin DM
- Chlortrimeton
- Benadryl
- Vicks Vapor Rub
- Cough Drops
- Mucinex
- Sudafed ok after 16wks

ALLERGIES

- Alavert
- Claritin
- Tavist
- Benadryl
- Zyrtec

HEADACHES

- Tylenol 325 mg 2-3 four times a day
- Tylenol 500 mg 1-2 four times a day
- DO NOT EXCEED 4,000 MG A DAY

DO NOT TAKE IBUPROFEN, MOTRIN, ADVIL, ASPIRIN, OR ALEVE UNLESS ADVISED BY A PROVIDER

VAGINAL YEAST INFECTION

- Monistat 3 or 7
- Gyne-Lotrimin

HEMORRHOIDS

- Preparation-H
- Anusol
- Anusol HC

HEARTBURN

- Tums
- Zantac
- Maalox (tablets or liquid)
- Rolaids
- Mylanta
- Gaviscon
- Pepcid AC

NO PEPTO-BISMOL (contains aspirin)

NO ALKA-SELTZER (contains aspirin)

DIARRHEA (do not treat for the first 24-48 hrs)

- Kaopectate
- Imodium AD

CONSTIPATION

- Colace (Docusate Sodium) – stool softener
- Peri-Colace (Colace + mild stimulant)
- Any fiber supplement (Metamucil, Fibercon, etc.)

GAS

- Gas-X
- Mylanta II with Simethicone
- Mylicon

INSECT BITES

- Lotions: Calamine, Caladryl, Benedryl
- Oral: Benedryl tabs 25-50mg (every 6 - 8 hrs)

Avoid creams, lotions and/or products containing cocoa butter.