

## **OVER THE COUNTER (OTC) MEDICATIONS DURING PREGNANCY**

The medications listed below are generally considered safe to take during your pregnancy and should be taken according to the package directions. If you have any questions about using these medications or if you continue to have symptoms that are not helped by the medication, call us at (410)571-9700.

**NOTE: \*\*\*Patients in the first trimester (4-13 weeks) should try to avoid OTC medications unless absolutely necessary.**

### **COUGH, COLD, ALLERGY RELIEF**

**IMPORTANT: \*\*\*Avoid products that contain the decongestant phenylephrine** which is sometimes indicated on the box by the abbreviation PE. The preferred decongestant in pregnancy is pseudoephedrine. Products with pseudoephedrine are only available by asking at the pharmacy counter.

- Benadryl (diphenhydramine)- antihistamine; sedative
- Claritin (loratadine), Zyrtec (cetirizine)- antihistamines
- Sudafed (pseudoephedrine HCL)- nasal decongestant
  - CAUTION: talk with your provider if you have high blood pressure
  - DO NOT USE Sudafed PE or products containing phenylephrine
- Mucinex \*plain (guaifenesin)- expectorant
- Delsym \*plain (dextromethorphan HBr)- cough suppressant, antihistamine
- Robitussin DM (dextromethorphan HBr, guaifenesin)- cough suppressant, expectorant
- Chloraseptic throat spray and lozenges
- Cough Drops
- Vicks Vapor Rub

NOTE: \*Nursing/pumping mothers should avoid decongestants which may suppress milk supply.

\*Multi-symptom medications are not recommended in pregnancy. Products labeled “multi-symptom” may also contain phenylephrine.

### **NASAL DECONGESTANT SPRAYS**

- Saline spray
- Afrin spray
- Neo-synephrine spray
- Flonase (fluticasone) spray

NOTE: \*Use nasal/decongestant sprays only as often as recommended on the package.

### **PAIN RELIEF, HEADACHE, FEVER**

- Tylenol, Tylenol Extra Strength- (acetaminophen)

NOTE: \*Do not take aspirin, ibuprofen, or naproxen unless approved by your provider. \*Contact our office if your pain, headache, or fever does not respond to OTC medications or if headaches are accompanied by vision changes. Call (410)571-9700.

### **INSOMNIA**

- Benadryl (diphenhydramine)
- Unisom (doxylamine)

NOTE: \*Caution when driving or caring for your baby while taking sedatives.

### **INDIGESTION, HEARTBURN, GAS**

- Mylanta, Maalox, Roloids, Tums (calcium carbonate)- antacids for heartburn, indigestion
- Pepcid (famotidine), Tagamet (cimetidine)- reduce stomach acid production for heartburn and acid indigestion
- Mylicon, Gas X (simethicone)- anti-flatulent for gas

### **YEAST INFECTION**

- Monistat 7 (miconazole)- 7-day treatment
- Lotrimin (clotrimazole)

NOTE: \*Do not use oral OTC medications for yeast infections.

### **CONSTIPATION/HEMORRHOIDS**

- Metamucil, Citrucel, Benefiber- bulking forming stool softeners can be used regularly
- Colace, Dulcolax, milk of magnesia, MiraLAX, Senokot/Senna- laxatives and stool softeners
- Preparation H or Anusol (suppositories or ointment creams)- hemorrhoid treatments
- Witch hazel pads- for hemorrhoids

NOTE: \*Be sure to drink at least 8 full glasses of water per day and increase dietary fiber.

### **DIARRHEA**

- Immodium (loperamide)
- Kaopectate (bismuth subsalicylate)

### **RASH, BUG BITES, SUNBURN, POISON IVY, CUTS**

- Hydrocortisone cream, Benadryl lotion/spray, calamine cream, Aveeno bath- for skin itching
- Aveeno bath, Gold Bond powder, Domeboro powder- for skin itching and irritation
- Bug repellents containing DEET
- Neosporin, polysporin- first aid preparations (clean with soap and water first)

### **MOTION SICKNESS**

- Bonine, Dramamine

### **NAUSEA, VOMITING**

- Vitamin B6 25mg 3 times per day, plus Unisom (doxylamine succinate) 25mg before bed.
- Emetrol
- B-natal pregnancy pops
- Ginger ale, ginger lozenges

NOTE: \*Stay hydrated with ice chips, Pedialyte pops, and sports drinks. \*Try a bland diet of toast, crackers, rice, applesauce, broth, or tea. \*Sit upright after eating. \*Avoid greasy, spicy, and tomato-based foods.

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