

***Avoid in 1st trimester**

| Symptoms | Med Type | Generic | Brand Name |
|---|--|---|--|
| Allergies (seasonal and acute nasal drip) | •antihistamine | •loratadine •fexofenadine •cetirizine •diphenhydramine | •Claritin •Allegra •Zyrtec •Benadryl |
| Nasal Congestion | •saline decongestant •vasoconstrictor steroid spray | •saline spray •phenylephrine* •pseudoephedrine* •fluticasone propionate | •Ocean Mist •In many cold preparations* •Sudafed* •Flonase |
| Cough | •expectorant •cough suppressant | •guaifenesin •dextromethorphan | •Mucinex, Robitussin •In many cold preparations |
| Heartburn | •antacid | •calcium carbonate •aluminum /magnesium /simethicone | •Tums, Rolaids, Maalox tabs • Maalox liquid, Mylanta |
| Gastric Reflux | •antihistamine •proton-pump inhibitor | •famotidine •cimetidine •omeprazole •lansoprazole •esomeprazole •rabeprazole | •Pepcid •Tagamet •Prilosec •Prevacid •Nexium •AcipHex |
| Gas & Bloating | •anti-foaming | •simethicone | •Mylicon •Gas-X •Phazyme |

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|-----------------|------------------------|--|---|
| Constipation | •stool softener | •docusate | •Colace, Surfak |
| | •bulking agent | •bran •psyllium husk •methylcellulose | •Many Bran Cereals •Metamucil •Citrucel |
| | •osmotic laxative | •polyethylene glycol (PEG) •magnesium hydroxide | •MiraLAX, GoLYTELY •Milk of Magnesia |
| | •stimulant laxative | •bisacodyl (oral/supp.) | •Dulcolax, Correctol |
| Diarrhea | •anti-diarrheal | •loperamide | •Imodium |
| Headache/Fever | •analgesic/antipyretic | •acetaminophen | •Tylenol |
| Vaginal Yeast | •antifungal | •miconazole •clotrimazole | •Monistat 3 •Gyne-Lotrimin 3 |
| Insomnia | •antihistamine | •doxylamine •diphenhydramine | •Unisom •Benadryl |
| Motion Sickness | •anti-nausea | •meclizine | •Andrivert, Sea Legs, Dramamine Less Drowsy |
| | | •dimenhydrinate | •Dramamine Original |