



CATHY J. BERRY, M.D.  
& ASSOCIATES | Joining Hands for Women's Wellness

## Non-Prescription Medications Acceptable for Use in Pregnancy

### Cold and/or Allergy Symptoms

Sudafed (plain)  
Saline nasal spray or drops  
Netti Pot  
Claritin  
Robitussin/Guaifenesin (Plain, no DM or CF)  
Mucinex (Plain)

Cough Drops  
Vicks Vaporub  
Benadryl  
Zyrtec  
Xyzal

### Constipation

Colace  
Senekot  
Glycerin/Dulcolax suppositories

### Diarrhea

Imodium  
Kaopectate

### Headache/Low grade fever/Mild Pain

Tylenol/Acetaminophen – in minimal doses

#### **NO IBUPROFEN**

**Headaches:** Magnesium oxide 400 mg (Can take up to twice a day/Start with once daily)

### Heartburn/Indigestion

Tums	Zantac (75 mg; can take up to twice daily)
Maalox	Gaviscon extra strength liquid
Mylanta	Prevacid
Pepcid	Protonix

### Nausea/Vomiting

Vitamin B-6 100-200mg daily  
Unisom/Doxylamine Succinate (25 mg) (at bedtime only)  
Ginger (sour ginger candies, sips of ginger ale)

***\*\*If you have persistent symptoms that are not relieved by the above suggestions, please contact our office. You may need an appointment for evaluation\*\****