

Over the counter medications approved for OB patients

Allergy Symptoms

- Cetirizine (Zyrtec)
- Diphenhydramine (Benadryl)
- Budesonide (Rhinocort)
- Loratadine (Claritin)
- Pseudoephedrine (Sudafed) for nasal congestion: * *Avoid taking this medication during the first trimester (12 weeks pregnancy) *Talk with your health care provider if you have high blood pressure.

Colds and Flu

- Guaifenesin (Mucinex) for congestion
- Dextromethorphan (Robitussin) for cough
- Tylenol (Acetaminophen) for aches and pains and temperature over 100.6°F (38.1 °C)
- Benzocaine Chloraseptic®/Cepacol®/Halls®) lozenges for sore throat

Constipation

- Polyethylene glycol (MiraLAX®)
- Docusate sodium (Colace®) stool softener
- Fiber (Metamucil®, Fiber Con®)

Diarrhea (continuing longer than 24 hours)

- Loperamide (Imodium)

Headaches

- Acetaminophen (Tylenol)
- Do not take aspirin, ibuprofen, or naproxen

Heartburn/Gas

- Simethicone (Mylicon® or Gas x®) for gas
- Famotidine (Pepcid®)
- Calcium (Tums®, Mylanta®, Valsalox®) for heartburn

Hemorrhoids

- Witch hazel pads
- Topical phenylephrine hemorrhoidal gel (Preparation H® or Anusol)

Nausea and Vomiting

- Vitamin B6 25mg 3 times per day plus doxylamine succinate (Unisom) 25mg up to three times per day.

Vaginal Yeast Infection

- Miconazole (Monistat) 1-day, 3-day or 7-day treatment

Whenever possible, it is best to avoid taking medications during pregnancy, especially in the first 18 weeks. However, the medications listed below have not been shown to cause harm in pregnancy and may be used in moderation when needed. Always follow the dosage instructions on the label, and contact your provider if symptoms continue or if you have any questions.