

Over-The-Counter Medications safe during pregnancy

The following medications are safe to use during pregnancy at any time, except where noted. Please keep this list available for quick reference throughout your pregnancy. Please do not take any other medications without first calling our office at 546-6721.

Cough and Cold Symptoms

- Sudafed (After 20 weeks)
- Afrin
- Robitussin of any type
- Saltwater gargles
- Cough Drops
- Mucinex

Allergy Symptoms

- Chlor-Trimeton
- Actifed
- Benadryl (After first trimester)
- Nasal steroids of any type

Headaches, aches, and pains

- Tylenol or Acetaminophen
- Advil, Motrin and Aleve (13 to 30 weeks)

Constipation

- Water, water, water
- Miralax
- Any fiber supplement
- Dulcolax
- Milk of Magnesia

Diarrhea

- Immodium
- Kaopectate

Heartburn/Indigestion

- Tums or Rolaids
- Pepcid AC
- Zantac

Nausea

- Vitamin B6
- Ginger

Hemorrhoids

- Tucks medicated pads or any over-the-counter product is acceptable.