

## Over the Counter Medications in Pregnancy

Women commonly use over the counter medications in pregnancy. This is a list of those medication you may safely use during pregnancy. If you have any questions about these medications and how to use them please contact your Healthcare Provider's office. Unless otherwise stated please take the medication as directed on the manufactures label.

	<b>Medication</b>	<b>Other Information</b>
<b>Aches and Pains</b>	* Tylenol Extra Strength 500 mg tablet	No more than 6 tablets in a 24 hour period
	* Tylenol 325 mg tablet	No more than 8 in a 24 hour period
<b>Constipation</b>	Stool Softener * Colace (docusate sodium) * Surfak (docusate calcium) * Docusate	Increases the amount of water in your stools to make them easier to pass
	Fiber Laxative * Metamucil (psyllium) * Fibercon (Calcium polycarbophil 625 mg)	Increases the amount of bulk in your stools to make them easier to pass
	Stool Softener/Fiber Laxative * Peri-Colace (docusate sodium/sennosides) * Senekot -S (docusate sodium/sennosides)	Increases the amount of water in your stools to make them easier to pass
	Osmotic Laxative * Milk of Magnesia * MiraLax (polyethylene glycol 3350)	Increases the amount of water in your stools to make them easier to pass
<b>Cough/Cold</b>	Expectorants * Robitussin * Guaifenesin	Help thin mucus and phlegm so they can be coughed up
	Antihistamines * Chlorpheniramine	Can be used to relieve seasonal allergy and common cold symptoms of nasal congestion, sneezing and itchy eyes
	Cough Suppressants * Dextromethorphan	Help calm a cough
	Decongestants * Pseudoephedrine * Phenylephrine	Are used to relieve nasal congestion (stuffy nose)
	Cough Suppressant/Expectorant * Robitussin DM	Are a combination medication to help calm a cough and then mucus and phlegm making them easier to cough up
	Cough Suppressant/Oral anesthetic * Halls or any other cough drop	Soothes the back of your throat
	Expectorant/Decongestant * Robitussin PE	Is a combination medication to relieve nasal congestion (stuffy nose) and help thin mucus and phlegm making them easier to cough up
	Antihistamine/Decongestant * Actifed Cold and Allergy (Chlorpheniramine/phenylephrine) * Allerest (Chlorpheniramine/pseudoephedrine)	Is a combination medication to relieve nasal congestion (stuffy nose) and relieves seasonal allergy and common cold symptoms of nasal congestion, sneezing and itchy eyes.
<b>Diarrhea</b>	* Imodium (loperamide) cat C	Call if symptoms persist for more than 24 hours
<b>Fever</b>	* Tylenol Extra Strength 500 mg tablet	Use as directed on label, no more than 6 tablets in a 24 hour period
	* Tylenol 325 mg tablet	Use as directed on label, no more than 8 tables in a 24 hour period
	* Ibuprofen	As directed on label between 13-27 weeks of pregnancy *** <b>prefer to try Tylenol (acetaminophen) first</b>

<b>Heartburn</b>	<ul style="list-style-type: none"> <li>* Tums (calcium carbonate)</li> <li>* Rolaids (calcium carbonate/magnesium hydroxide)</li> <li>* Maalox (calcium carbonate)</li> <li>* Mylanta (aluminum hydroxide/magnesium hydroxide/simethicone)</li> <li>* Gaviscon (aluminum hydroxide/magnesium carbonate)</li> </ul>	
<b>Hemorrhoids</b>	<ul style="list-style-type: none"> <li>* Anusol (pramoxine)</li> <li>* Preparation H (mineral oil/petrolatum/phenylephrine)</li> <li>* Tucks Hemorrhoidal Ointment (pramoxine)</li> </ul>	
<b>Itchy Rash</b>	Corticosteroid * Hydrocortisone 0.5% cream	Helps reduce swelling
	Antipruritic * Any Calamine lotion	Stops itching
	Antihistamines * Benadryl pill or cream (diphenhydramine) * Zyrtec (cetirizine) * Claritin (loratadine)	
<b>Morning Sickness</b>	<ul style="list-style-type: none"> <li>* Vitamin B6 100 mg daily</li> <li>* Dramamine (dimenhydrinate)</li> <li>* Unisom 2-3 x daily (doxylamine)</li> <li>* Ginger root capsules</li> </ul>	
<b>Migraine Headache</b>	* Tylenol Ultra Relief Migraine (acetaminophen 500mg/caffeine 65 mg tab)	No more than 6 tablets in a 24 hour period
	* Excedrin Migraine (acetaminophen 250mg/aspirin 250 mg/caffeine 65 mg tab)	Between 13-27 weeks of your pregnancy <b>***trimester specific</b>
	* Ibuprofen	As directed on label <b>*** trimester specific, prefer to try Tylenol (acetaminophen) first.</b>
<b>Nasal Congestion</b>	* Pseudoephedrine	
<b>Nasal Congestion with Watery Eyes, Sneezing</b>	Antihistamine/Decongestant  <ul style="list-style-type: none"> <li>* Actifed (Pseudoephedrine/Tripolidine)</li> <li>* Vicks Dayquil Cold/Flu (acetaminophen/dextromethorphan/phenylephrine)</li> <li>* Allerest (pseudoephedrine/Chlorpheniramine)</li> </ul>	
<b>Sore Throat</b>	<ul style="list-style-type: none"> <li>* Any OTC lozenge</li> <li>* Chloroseptic spray</li> </ul>	
<b>Seasonal Allergic Rhinitis</b>	Antihistamine <ul style="list-style-type: none"> <li>* Benadryl (diphenhydramine)</li> <li>* Claritin (loratadine)</li> <li>* Zyrtec (cetirizine)</li> <li>* ChlorTrimeton (Chlorpheniramine)</li> </ul>	
<b>Vitamin</b>	Any prenatal vitamin	