

Over the Counter Medications During Pregnancy

Please call your physician with questions or concerns.

Problem	Action/Medication
Allergies	Claritin, Chlor-Trimeton, Benadryl, Zyrtec.
Cold	Rest, increase fluids, cool mist vaporizer.
<ul style="list-style-type: none"> Congestion 	Contact, 1/2% Neo-Synephrine nasal spray, or Ayr nasal spray.
<ul style="list-style-type: none"> Cough 	Robitussin DM.
<ul style="list-style-type: none"> Sore Throat 	Throat lozenges such as Cepacol or Chloraseptic. Fisherman's Friend. Gargle with warm salt water.
Constipation	Increase fluids, bran flakes, Metamucil or Fiber-Con, Colace or MiraLax. Milk of Magnesia safe if used sparingly.
Diarrhea	Bland diet; Imodium.
Dizziness or Fainting	Call office.
Fever	Tylenol, plain. Call office if fever is greater than 100.4° or persists.
Flu, General Aches & Pains	Rest, Tylenol or Extra-Strength Tylenol (1,000 mg every 6 hours).
Headaches	Tylenol or Extra-Strength Tylenol. Do not exceed package doses.
Hemorrhoids	Tucks; Anusol or Wyanooids hemorrhoid suppositories, preparation HC.
Indigestion (Heartburn)	Maalox, Mylanta, Rolaids or Tums; Zantac or Pepcid (over-the-counter).
Insomnia	Tylenol PM.
Leg Cramps	Mylanta: 2 teaspoons at bedtime. Calcium/magnesium supplement.
Nausea	Push fluids in frequent, small amounts. You may try any of the following: 1. Emetrol. 2. Meclizine. 3. Dramamine, 25 mg. 4. Vitamin B-6, 25 mg 3-4 times per day alone or with Unisom SleepTabs (doxylamine) 1/2 tablet two times a day. Call office if nausea continues or associated with recurrent vomiting.
Skin itching	Aveeno soap, Aveeno lotion, Keri lotion, Benadryl lotion.
Sunburn	Wear sunscreen for prevention. Aloe lotion/ointment.
Swelling	Call office if persistent or significant, especially in late pregnancy.
Urinary Frequency	Drink plenty of liquids, especially cranberry juice; avoid coffee, tea, and caffeine. If fever, chills, or pain when urinating, call office.
Varicose Veins	Elevate legs, support hose, Jobst hose.

AVOID: Pepto-Bismol, and diet high in salt. ONLY take Aspirin or ibuprofen if prescribed by MD. DO NOT TAKE Castor Oil to induce labor.
