
OVER-THE-COUNTER MEDICATIONS SAFE IN PREGNANCY

Headaches, muscle aches, pain, and fever:

Regular strength Tylenol

(DO NOT USE ASPRIN, ALEEVE, MOTRIN, or IBUPROFEN!)

Nasal and sinus congestion:

Benadryl, plain Sudafed, saline nasal spray, Claritin, Claritin D, Allegra, Allegra D, Zyrtec, Zyrtec D, Mucinex

Sore throat:

Cough drops, lozenges, Chloroseptic spray

Cough:

Robitussin, Delsym

Itching:

Bendadryl, Hydrocortisone cream

Nausea/vomiting:

Emetrol

Heartburn/indigestion:

Tums, Rolaids, Mylanta, Maalox, Pepcid, Prilosec, Prevacid, Zantac, Gas X, Nexium

Constipation:

Colace, Miralax, fiber tabs, prune or other fruit juices, plenty water

Yeast infection:

Monistat for 5-7 days (DO NOT USE VAGISIL; DO NOT DOUCHE!!)

Pre-natal Vitamins:

Vitafusion-pre-natal gummies with DHA and Folic Acid

Sleep:

Benadryl, Tylenol pm