

SAFE OVER THE COUNTER MEDICATION TO TAKE DURING YOUR PREGNANCY

The following medications have no known harmful effects during pregnancy when taken according to the package directions. If you want to know about the safety of any other medications not listed here, please contact your health care provider.

Condition	Medication
Allergy symptoms	Benadryl (diphenhydramine), Claritin (loratadine), Zyrtec (cetirizine) Allergy shots are safe to continue during your pregnancy
Cold and flu Expectorants: helps move thick mucous from your lungs. Cough suppressant: will help you stop coughing	Fever: Tylenol (acetaminophen) or Tylenol Cold Sore throat: Tylenol, saltwater gargles (mix one teaspoon salt in 8 ounces warm water), cough lozenges Congestion: Saline nasal drops or spray, Humidifier, Sudafed, Actifed, Dristan Expectorant: Robitussin EM cough syrup, Mucinex, Guaifenesin Suppressant: Robitussin DM, Delsym, Dextromethorphan, cough lozenges
Constipation	Avoid constipating foods: Bananas, apples/applesauce, black tea, and hard cheeses Metamucil, Citrucel, Fibercon/Fiberall, Colace, Senekot, Milk of Magnesia, Miralax
Diarrhea	Kaopectate, Imodium Call your provider if diarrhea persists longer than 24 hours
First Aid Ointment	Bacitracin, Neosporin, Polysporin
Headache	Tylenol
Heartburn	Tums, Maalox, Mylanta, Zantac, Tagamet, Pepcid, Riopan, Gaviscon
Hemorrhoids	Avoid constipation Preparation H, Anusol, Tucks, Witch hazel
Rashes	Hydrocortisone cream/ointment, Caladryl lotion/cream, Benadryl cream, Aveeno bath
Vaginal yeast infection	Monistat cream or suppositories