



Recommended Medications in Pregnancy

Talk to all of your healthcare providers before starting or stopping any medication.

3 THINGS TO DISCUSS

1. All medicines you take, including over-the-counter medicines, herbal and dietary supplements, and vitamins.
2. Best ways to keep your health condition under control.
3. Your personal goals for managing your health condition during pregnancy.

Over The Counter Medications For Use During Pregnancy

DID YOU KNOW?

9 in 10

women in the United States take a medicine during pregnancy, but not all medicines are safe to take during pregnancy.

** Do not use Ibuprofen or Aspirin unless directed by your OB provider.



ILLNESS	MEDICATIONS	
Common Cold and Cough	<ul style="list-style-type: none"> • Mucinex (Guaifenesin) • Robitussin-plain only • Delsym • Sudafed (pseudoephedrine)- plain only • Tylenol cold and sinus • Throat Lozenges/Cough Drops 	<ul style="list-style-type: none"> • Saline spray • Vicks • Increase Fluids • Hot water with honey and lemon • Humidifier
Gas	<ul style="list-style-type: none"> • Mylanta • Simethicone 	<ul style="list-style-type: none"> • Gas-X
Yeast	<ul style="list-style-type: none"> • Monistat • Diflucan 	<ul style="list-style-type: none"> • Gyne-Lotrimin
Hemorrhoids	<ul style="list-style-type: none"> • Anusol • Tucks Pads • Witch Hazel Pads 	<ul style="list-style-type: none"> • Hydrocortisone topical • Preparation H
Nausea/Vomiting	<ul style="list-style-type: none"> • Ginger Products • Vitamin B6 • Unisom • Dramamine 	<ul style="list-style-type: none"> • Vitamin B6 (25mg) with unisom (25mg) • Preggie Pops • Saltine Crackers • Frequent small meals
Constipation	<ul style="list-style-type: none"> • Colace (Docusate sodium) • Dulcolax (Bisacodyl) • Miralax (Polyethylene glycol) • Milk of Magnesia (Magnesium hydroxide) 	<ul style="list-style-type: none"> • Metamucil • Prune Juice • Glycerin suppository • Increase fluids and fiber (bran, green leafy vegetables, apples)
Sinus/Allergies	<ul style="list-style-type: none"> • Benadryl (Diphenhydramine) • Claritin (Loratadine) • Zyrtec (Cetirizine) 	<ul style="list-style-type: none"> • Allegra (Fexofenadine) • Saline nasal spray/drops/rinse • Humidifier
Itching	<ul style="list-style-type: none"> • Benadryl (Diphenhydramine) • Oatmeal Bath 	<ul style="list-style-type: none"> • Apply lotion directly after shower
Pain/Fever/Headache	<ul style="list-style-type: none"> • Tylenol (Acetaminophen) • Caffeine (max dose 200mg/day) 	<ul style="list-style-type: none"> • Increase Fluids
Heartburn	<ul style="list-style-type: none"> • Prilosec (Omeprazole) • Maalox • Mylanta 	<ul style="list-style-type: none"> • Tums (calcium carbonate) • Zantac 360 • Pepcid (Famotidine)
Diarrhea	<ul style="list-style-type: none"> • Imodium (Loperamide) 	<ul style="list-style-type: none"> • Increase fluids
Insomnia	<ul style="list-style-type: none"> • Benadryl (Diphenhydramine) 	<ul style="list-style-type: none"> • Unisom (Doxylamine)