

OVER THE COUNTER MEDICATIONS APPROVED FOR PREGNANCY

No medication has been studied completely and no study could take into account all variables in human development. This is especially true during pregnancy. **AVOID TAKING MEDICATIONS WHENEVER POSSIBLE**, especially during the first 12 weeks of pregnancy. If you have any concern over the safety of a medication, ask your midwife or care provider.

The bolded **DO NOT USE** medications are by no means an exhaustive list of unsafe medications. If it is not listed here, assume it is not appropriate for pregnancy unless otherwise directed by your health care provider.

Cough and Cold	<ul style="list-style-type: none"> • Saline Nasal Spray • Bedside Vaporizer • Vicks Vaporub • Any OTC Cough Drop • Chlor-trimeton • Delsym, Robitussin DM, Mucinex DM (Guafenesin/Dextromethorphan) <p>DO NOT USE PRODUCTS WITH THE INGREDIENTS PHENYLEPHRINE AND PSEUDOEPHEDRINE (EXAMPLES: ADVIL COLD AND SINUS, CLARITIN-D, MUCINEX-D, SUDAFED, ALKASELTZER PLUS DAY, TYLENOL COLD, VICKS DAYQUIL COLD AND FLU)</p>
Allergies	<ul style="list-style-type: none"> • Saline Nasal Spray • Benadryl • Claritin (loratadine) • Zyrtec (cetirizine) • Allegra (fexofenadine)
Heartburn/GERD	<ul style="list-style-type: none"> • Tums • Maalox • Pepsid • Zantac • Papaya Enzymes <p style="text-align: center;">DO NOT USE PEPTO BISMOL DURING PREGNANCY</p>

Nausea and Vomiting	<ul style="list-style-type: none"> • Ginger Capsules (250mg 4x daily) • Vitamin B6 • Unisom (25 mg at bedtime, half tablet up to 3x daily if needed) • SeaBands • Benadryl (25mg 3x daily) • Dramamine (50mg 4x daily)
Constipation	<ul style="list-style-type: none"> • Increase Fluids!!! • CALM powder • Fiber: Metamucil, Citrucel, Fibercon • Colace • Milk of Magnesia • Magnesium Citrate • Glycerin suppository
Pain	<ul style="list-style-type: none"> • Acetaminophen (Tylenol) • Arnica (topical gel or homeopathics) • <i>Increase fluids and consider caffeine for headache</i> <p><i>Use of Ibuprofen (Advil, Motrin) or Naproxen (Aleve) have been associated with cardiac septal defects when used in pregnancy, especially after 32 weeks gestation.</i></p>
Hemorrhoids	<ul style="list-style-type: none"> • Topical Witch Hazel • Increase Fluids!!!! • Increase fiber • Anusol • Preparation H • Hydrocortisone
Gas	<ul style="list-style-type: none"> • Mylicon
Diarrhea	<ul style="list-style-type: none"> • BRAT diet: Bananas, Rice, Applesauce, Toast • Imodium AD
Itching	<ul style="list-style-type: none"> • Benadryl • Topical Calamine