



## NON-PRESCRIPTION MEDICATIONS FOR USE DURING PREGNANCY

These medications may be very helpful to you (taken as directed) with no harm to your baby. Please give these medications 24 to 48 hours to help. If you do not feel relief after that time, please call our medical staff.

This is NOT a complete list of products. This is meant to be a helpful guide. If you have ANY questions about medications you are taking/wanting to take, please call our office and talk to one of our medical staff for further clarification.

### NASAL DECONGESTANTS

Sudafed (2<sup>nd</sup> & 3<sup>rd</sup> Trimester Only)  
Tylenol Sinus  
Afrin Nasal Spray  
Ocean Nasal Spray

### SINUS DRAINAGE/ALLERGIES

Actifed  
Tavist D  
Benadryl  
Chlor-Trimeton  
Claritin/Claritin D  
Zyrtec/Zyrtec D  
\*\*Avoid products with Brompheniramine\*\*

### COUGH

Robitussin or PE  
Benylin  
Mucinex  
Mucinex D (2<sup>nd</sup> & 3<sup>rd</sup> Trimester Only)

### SORE THROAT

Saltwater Gargle  
Cepastat Throat Lozenges  
Ricola Throat Lozenges

### ANTI-DIARRHEAL AGENTS

Imodium  
Kaopectate

### CONSTIPATION

High Bran Diet  
Metamucil  
Surfak  
Senokot  
Miralax  
Benefiber  
Dialose  
Colase

### HEMORRHOIDS

Preparation H – ointment or suppositories  
Anusol  
Sitz Baths  
Tucks Pads

### YEAST INFECTIONS

Mycelex  
Gyne Lotrimin  
Monistat

### PAIN RELIEVERS

Regular & Extra Strength Tylenol  
Anacin 3  
Panadol

\*No Ibuprofen Products\*

\*\*Asprin as directed by your doctor\*\*

### ANTACIDS

Maalox  
Riopan  
Mylanta  
Gaviscon  
Pepcid AC  
Zantac 75

### NAUSEA

Emetrol  
Nestrex  
Dramamine  
Small, frequent meals  
Ginger  
Saltine Crackers

### LEG CRAMPS

Calcet  
Caltrate Calcium  
Nutravescent

**Before using more than one product at a time, make sure to read the ingredients of each product to be sure that you are not duplicating ingredients.**

**\*\*AVOID PRODUCTS WITH BROMPHENIRAMINE AND IBUPROFEN\*\***

**\*\*USE ASPRIN ONLY AS DIRECTED BY YOUR DOCTOR\*\***