



PREGNANCY OTC MEDICATIONS

This medication list is provided as a guide to help you cope with the minor discomforts of pregnancy. Other than prenatal vitamins, do not take any medications before twelve (12) weeks of pregnancy without discussing with your doctor. This is a list of medications that **could be** used during pregnancy and are generally considered safe in pregnancy. If you have any questions about these or any other medications, please call your doctor. This list is not all-inclusive.

AILMENT	MEDICATIONS	USE/INSTRUCTIONS
	Prenatal vitamins	Taken as directed. If they cause nausea, take with food. May also break in half, taking ½ in AM & ½ in PM.
ALLERGIES	Diphenhydramine (Benadryl), loratadine (Claritin), cetirizine (Zyrtec), chlorpheniramine	Use as directed for allergy relief. *Benadryl may cause drowsiness.
COLD/FLU	Diphenhydramine, dextromethorphan (Robitussin DM), Vicks Vapor Rub, acetaminophen (Tylenol), guaifenesin (Mucinex), throat lozenges, cough drops	Use as directed for cough, colds, & nasal congestion *DO NOT USE Nyquil or cold remedies that contain alcohol!
NAUSEA/VOMITING	Use non-medication remedies first; Vitamin B6, Benadryl, Emetrol (if not diabetic), dimenhydrinate (Dramamine), meclizine	Use as directed for nausea & vomiting.
HEADACHE	Acetaminophen (Tylenol)	Use as directed for headache.
PAIN/FEVER	Acetaminophen (Tylenol)	Use as directed for pain and fever *DO NOT USE NSAIDs such as Advil, ibuprofen, Aleve or naproxen.
CONSTIPATION	Docusate (Colace), methylcellulose (Citrucel), peg 3350 (MiraLAX), psyllium (Metamucil), fiber	Use as directed for constipation *For occasional use only.
DIARRHEA	loperamide (Imodium)	Use as directed for diarrhea *Only use Imodium after first trimester, do not use longer than 24 hrs.
HEARTBURN	Ranitidine (Zantac), famotidine (Pepcid), calcium carbonate (Tums), Maalox, Rolaids	*For occasional use only. Avoid preparations that contain aluminum.
GAS/BLOATING	simethicone (Gas-X), lactase (Lactaid), Maalox Anti-Gas	Use as directed for gas and bloating. Avoid preparations that contain aluminum.
SLEEP	acetaminophen & diphenhydramine (Tylenol PM), doxylamine (Unisom), Benadryl	Use as directed for sleep difficulties.
VACCINATIONS	Flu, Tdap, and Hepatitis B, covid	<ul style="list-style-type: none"> - Inactivated flu vaccine recommended. - Do not receive live vaccines. - 1 Tdap dose rec. for ea. pregnancy - Covid vaccines & covid/flu combo are thought to be safe in pregnancy