



OVER THE COUNTER MEDICATIONS IN PREGNANCY

Over the counter medications/remedies for OB patients. Please keep this list in a safe place to refer to during your pregnancy.

Allergies: Benadryl, Claritin, or Zyrtec.

Constipation: Milk of Magnesia, Docusate Sodium, Increase fiber and water in your diet.

Cough: Robitussin (Plain) or Use Cool Mist Humidifier

Diarrhea: Imodium AD, Kaopectate, Clear Liquid Diet for 48 hours

General aches/pains: Warm baths (NOT HOT) or heating pad. ****WARNING** Due to risk for burns never fall asleep using the heating pad.**

Headaches: Tylenol (Regular or Extra Strength) and or Tylenol Migraine.

Hemorrhoids: Preparation H, Tucks Pads, Sitz Bath, Cortisone Cream

Indigestion/Heartburn: Tums, Zantac, Prilosec, Mylanta (Mylanta may cause loose stools)

Insect Bites/Itching: Benadryl (tablets or cream), Aveeno Bath, Calamine Lotion, Hydrocortisone Cream

Leg Cramps: Wear Support Hose, Low Heel Shoes, Elevate feet when possible, Warm Baths (NOT HOT), eat a Banana Daily

Nausea: Vitamin B6 (can take up to 25mg three times a day), Unisom (Doxylamine) Night Time Sleep Aid with Vitamin B6, Ginger Tea, Emetrol, B-Tuss Suckers and Lozenges

Sinus/ Cold Symptoms: Benadryl, Claritin, Vicks Vapor Rub, Tylenol Cold and Sinus, Theraflu, Mucinex, and you could also use a Cool Mist Humidifier

Sleep Aids: Benadryl, Tylenol PM, Sominex, Unisom (Doxylamine) and Melatonin

Sore Throat: Chloraseptic Spray, Throat Lozenges, Gargle with Warm Salt Water, or Tylenol

Toothache: Orajel or Tylenol

If you have any questions or concerns please contact our office 903-676-3200