



My ObGyn

Approved Over the Counter Medications in Pregnancy

Headache

Tylenol
Benadryl

Heartburn

Pepcid
Tagamet
Tums
Prilosec

Cold/Allergies

Chlortrimeton
Claritin
Robitussin Plain
EmergenC
Mucinex
Benadryl
Zyrtec
Rhinocort

Constipation

Colace
Milk of Magnesia
Miralax
Metamucil

Gas

Simethicone

Diarrhea

Imodium
Kaopectate

Hemorrhoids

Dermoplast
Witch Hazel
Preparation H
Tucks Pad

Iron Supplement

Slow Fe

Nausea

Vitamin B-6 10-25mg
(3-4 times a day)
Unisom 25 mg tablet
($\frac{1}{2}$ to 1 tablet at night)