

Over The Counter Medication During Pregnancy

PROBLEM	SAFE TO TAKE
Heartburn, gas and bloating, upset stomach	<p>Antacids for heartburn (Maalox, Roloids, Tums, Pepcid)</p> <p>Simethicone for gas pains (Gas-X, Maalox Anti-Gas, Mylanta Gas, Mylicon)</p> <p>NOT SAFE: Pepto Bismol</p>
Cough or cold	<p>Guaifenesin, an expectorant (Mucinex, Robitussin)</p> <p>Dextromethorphan, a cough suppressant (Robitussin, Scot-Tussin DM, Vicks 44 Cough Relief)</p> <p>Guaifenesin plus dextromethorphan (Bendylin Expectorant, Robitussin DM, Vicks 44E)</p> <p>Cough drops</p> <p>Vicks VapoRub</p> <p>NOT SAFE: The decongestants pseudoephedrine and phenylephrine</p>
Pain relief, headache and fever	<p>Acetaminophen (Tylenol) Limit to 3,000 mg per 24 hour period</p>
Allergy relief	<p>Loratadine, an antihistamine (Alavert, Claritin, Triaminic)</p> <p>Diphenhydramine, an antihistamine (Benadryl)</p>
Constipation, hemorrhoids, and diarrhea	<p>Psyllium (Konsyl-D, Metamucil)</p> <p>Laxatives and stool softeners (Colace, Dulcolax, Milk of Magnesia, Miralax)</p> <p>Hemorrhoid creams (Anusol, Preparation H, Tucks)</p> <p>Loperamide, anti-diarrhea medication (Imodium)</p>
Yeast infections	<p>Tioconazole (Monistat 1, Vagistat 1)</p> <p>NOT SAFE: Physician evaluation required before taking all other anti-fungal products</p>
Insomnia	<p>Diphenhydramine (Benadryl, Maximum Strength Unisom SleepGels, Nytol, Sominex)</p> <p>Doxylamine succinate (Unisom Nighttime Sleep-Aid)</p>
Itching	<p>Hydrocortisone (Cortaid, Lanacort)</p>