



Women's Health For Life, Inc.

(419) 227-2727

www.womenshealthforlife.com

Over the Counter Medications Safe for Pregnancy

- **For Allergies:**
 - o Benadryl
 - o Claritin (if no high blood pressure)
 - o Zyrtec
- **For Cold & Flu:**
 - o Tylenol (acetaminophen) or Tylenol Cold
 - o Warm salt/water gargle
 - o Saline nose drops or spray
 - o Sudafed
 - o Actifed
 - o Dristan
 - o Neosynephrine
 - o Robitussin DM
 - o Trind-DM
 - o Vicks cough syrup
 - o Romilar
 - o Halls
 - o Chlorpheniramine (Chor-Trimeton)
 - o Clemastine fumarate (Tavist)
 - o Mucinex or Mucinex DM
 - o **WARNING:** do not take SA (sustained action) forms of these drugs or the Multi symptoms.
- **For Constipation:**
 - o Metamucil (any fiber supplement)
 - o Senekot
 - o Colace
 - o Milk of Magnesia
 - o Fiberall/Fibercon
 - o Citrucil
- **For Diarrhea:** (For 24 hours only, and only after the 12 the week of pregnancy)
 - o Immodium
 - o Parepectolin
- **First Aid Ointment:**
 - o J & J, Bacitracin
 - o Neosporin
 - o Polysporin
- **For Headaches:**
 - o Acetminophen (Tylenol)

- **For Heartburn:**
 - o Riopan
 - o Maalox
 - o Mylanta
 - o Tums
 - o Titralac
 - o Gaviscon
 - o Prilosec
 - o Zantac
 - o Tagamet
 - o Pepcid
 - o Roloids
 - o Nexium
 - o Prevacid
- **For Hemorrhoids:**
 - o Preparation H
 - o Anusol
 - o Tucks
 - o Witch Hazel
- **For Nausea & Vomiting:**
 - o Vitamin B 6 100 mg tablet
 - o Emetrol (if no diabetes)
 - o Emetrex
 - o Sea Bands
 - o Ginger (but not in large quantities)
- **For Rashes:**
 - o Hydrocortisone cream or ointment
 - o Caladryl lotion or cream
 - o Benadryl cream
 - o Oatmeal bath (Aveeno)
- **For Yeast Infections:**
 - o Monistat
 - o Terazol
 - o *****WARNING:** do not insert applicator too far.