

**OVER-THE-COUNTER MEDICATIONS THAT ARE SAFE  
TO TAKE WHEN PREGNANT**

**SYMPTOMS**

**OTC DRUGS**

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|---|---|
| <b>1. Minor aches, pains, headaches</b> | <b>Regular Tylenol or Extra-Strength Tylenol (acetaminophen)</b>  |
| <b>2. Heartburn, sour stomach</b>       | <b>Riopan<br/>Sodium-free Maalox<br/>Sodium-free Mylanta<br/>Sodium-free Tums</b>   |
| <b>3. Constipation</b>                  | <b>Metamucil stool softener<br/>Citrucel<br/>Colace<br/>Surfak</b>  |
| <b>4. Head colds</b>                    | <b>Benadryl<br/>Tylenol Cold &amp; Sinus<br/>Actifed<br/>Sudafed<br/>Tavist D<br/>Claritin or Claritin D<br/>Alavert or Alavert D</b> |
| <b>5. Trouble sleeping</b>              | <b>Tylenol PM<br/>Benadryl</b>  |
| <b>6. Coughs</b>                        | <b>Robitussin (plain)</b>   |
| <b>7. Hemorrhoids</b>                   | <b>Tucks<br/>Anusol<br/>Preparation H</b>   |
| <b>8. Diarrhea</b>                      | <b>Kaopectate<br/>Imodium</b>   |
| <b>9. Nausea</b>                        | <b>Emetrol</b>  |
| <b>10. Sore throat</b>                  | <b>Chloraseptic spray or lozenges</b>   |