

## OVER-THE-COUNTER MEDICATIONS FOR PREGNANCY

|                         |   |  |
|-------------------------|---|--|
| Aches, Pains            | Regular or Extra strength Tylenol<br>(Acetaminophen)  |  |
| Heartburn, sour stomach | Maalox<br>Mylanta<br>Pepcid<br>Prevacid<br>Riopan<br>Tums<br>Zantac   |  |
| Constipation            | Citrucel<br>Colace<br>Pericolace<br>Dulcolax<br>Metamucil<br>Milk of Magnesia<br>Miralax                    |  |
| Diarrhea                | Immodium<br>Kaopectate  |  |
| Head colds              | Actifed<br>Alavert or Alavert-D<br>Allegra<br>Benadryl<br>Claritin or Claritin-D<br>Mucinex or<br>Mucinex-D | Sudafed<br>Tavist-D<br>Tylenol Cold & Sinus<br>Vitamin C / Emergen C<br>Zyrtec or Zyrtec-D |
| Cough                   | Delsym<br>Robitussin  |  |
| Hemorrhoids             | Anusol<br>Preparation H<br>Tucks  |  |
| Nausea                  | B-Natal Pops<br>Preggie Pops<br>Emetrol<br>Ginger supplements<br>Unisom<br>Vitamin B6                       |  |
| Sore Throats            | Chloraseptic Spray<br>Throat Lozenges<br>Tylenol Sore Throat<br>Gargle with salt water                      |  |
| Insomnia                | Benadryl<br>Melatonin<br>Tylenol PM<br>Unisom   |  |