

Over-the-counter Medications that are Safe During Pregnancy

In general, it is best to try to avoid medications in the first three months of pregnancy. Listed below are some over-the-counter medications that are approved for use during pregnancy. It is important for you to discuss all medications you are taking with your physician. If you have any questions, please communicate through the patient portal or call the office at 919-876-9797.

- Headaches
 - Tylenol (acetaminophen) products for minor aches and pains
 - **DO NOT TAKE Aspirin, Ibuprofen, Motrin, Advil, Naprosyn, Aleve**
- Colds/Allergies/Coughs
 - Benadryl (**do not drive while using, may cause drowsiness**)
 - Dimetapp
 - Claritin
 - Chlortrimeton
 - Drixoral
 - Benylin
 - Saline Nasal Spray
 - Sudafed (pseudoephedrine) – **14 weeks or later in pregnancy**
 - Robitussin DM Cough Syrup
 - Actifed
 - Tylenol products
 - Mucinex
 - Singulair
 - Vicks Vapor Rub
 - Zyrtec
 - Flonase
- Sore Throat
 - Chloroseptic Spray or Lozenges
 - Tylenol
 - Lemon Drops, Cepacol, Halls or Robitussin Lozenges
- Heartburn/Indigestion
 - Maalox
 - Mylanta
 - Digel
 - Gas X
 - Pepcid AC
 - Riopan
 - Roloids
 - Tums
 - Nexium
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- Nausea/Morning Sickness
 - Vitamin B6 50mg, 1 tablet 4 times a day
 - Dramamine as directed
 - Emetrol
 - Sea Bands

- Constipation
 - Pericolace / Colace
 - Milk of Magnesia
 - Senokot
 - Fibercon
 - Metamucil
 - Miralax
 - Benefiber
 - Enema
 - Dulcolax suppository
- Diarrhea
 - Immodium
 - **DO NOT TAKE Pepto Bismol (contains aspirin)**
- Gas/Bloating
 - Gas-X
 - Simethacone
- Hemorrhoids
 - Anusol-HC suppositories or cream
 - Preparation H
 - Tucks Pads
- Sleep Aid
 - Tylenol PM
 - Unisom
- Toothaches
 - Orajel
 - Tylenol
 - Benadryl
- Yeast Infections
 - Monistat

Contact your doctor immediately if you:

- **Have any unusual symptoms while taking an over-the-counter medication**
- **Think you have the flu**
- **Experience**
 - **Dizziness**
 - **Difficulty breathing**
 - **Chest pain**
 - **Vaginal bleeding**
 - **Severe vomiting**
 - **High fever**
 - **Reduced fetal movement**