



MATERNITY AND GYNECOLOGY ASSOCIATES

Safe over the Counter Drugs for use in

Pregnancy & Nursing

Colds/Allergies: Sudafed, Benadryl, Tylenol, Chlor-Trimeton, Sinutab, Allegra, Zyrtec, Claritin

Cough Syrups: Robitussin Plain or DM, Benylin DM, any Cough Drops

Headaches: Tylenol Regular or Extra Strength

Sore Throat: Chloroseptic Spray, Cepacol, Lozenges

Heartburn: Maalox, Mylanta II, Zantac 75 twice a day, Tums

Nausea/Vomit: Sea Bands, Preggy pops, Ginger products, Ginger Soda

*Vitamin B-6 25mg tablet 3 to 4 times a day combined with Unisom 25mg ½ tablet at bedtime

Laxatives: Pericolace, Citracel, Doxidan, Metamucil, Ducolax, Milk of Magnesia

Stool Softeners: Colace

Diarrhea: Kaopectate, Immodium AD

Hemorrhoids: Anusol, Preparation H

Yeast: Monistat 3 cream, Monistat 7 cream