

## Over the Counter Medications in Pregnancy

### “What medications can I take when I am pregnant?”

This is a very common and important question. We recommend limiting medication use during pregnancy unless it is absolutely necessary. The medications listed below have no known harmful effects on the baby, if taken as directed. If you have any questions about these medications or any others, please ask your physician.

SYMPTOMS / PROBLEM	SAFE MEDICATIONS **
<b>Nausea and Vomiting:</b>	Vitamin B6 (Pyridoxine) Emetrol Wrist Bands
<b>Headache:</b>	Tylenol
<b>Colds:</b>	<b>Pain / Fever:</b> Tylenol <b>Cough:</b> Guaifenesin (Robitussin) **avoid DM (dextromethorphan) preparations during the first half of pregnancy** <b>Nasal Congestion:</b> Saltwater nose spray <b>Sore Throat:</b> Saltwater gargle, lozenges
<b>Constipation:</b>	Colace / Peri-Colace, Senekot Milk of Magnesia Fibercon, Metamucil, Citrucel
<b>Diarrhea:</b>	<b>Avoid taking anything during the first 3 months of pregnancy, then may consider Kaopectate. Avoid Pepto Bismol during pregnancy.</b>
<b>Rash:</b>	Caladryl Cream, Aveeno Bath, Hydrocortisone Cream.
<b>Heartburn:</b>	Tums, Maalox, Mylanta, Riopan

\*\*for specific dosages, please ask your physician.

**\*\*NO MEDICATION CAN BE CONSIDERED TO BE 100% SAFE IN PREGNANCY\*\***