

OVER THE COUNTER MEDICATIONS IN PREGNANCY

Although NO medication is deemed 100% safe in pregnancy, there are many medications that we feel are relatively safe to take after 13 weeks gestation. This is a short list, and your doctor can give you other options also.

Allergies: Clortrimeton, Claritin

Constipation: Metamucil, FiberCon, Colace. Increase fluids and fiber in diet.

Flu: With vomiting, clear fluids for 24 hours. Then begin a BRAT (Bananas, Rice, Applesauce and Toast) diet.

For diarrhea, Imodium may be taken. No dairy products for 2-3 days. Keep well hydrated with clear fluids.

Gas: Mylicon, Gas-X

Headache: Tylenol (acetaminophen)

Heartburn: Tums, Maalox, Mylanta. Zantac, Prilosec and Prevacid are also considered safe if needed.

Hemorrhoids: Preparation H, Tucks pads. Anusol HC Suppositories can be prescribed by your doctor for bleeding and worse symptoms.

Nausea: B-6, 50 mg with meals. Unisom Sleep Aide – ½ tab before sleep. May increase to morning and evening. Ginger ale and small, frequent meals also help. If vomiting often, call MD for a prescription med such as Reglan or Zofran.

Motion Sickness: Bonine or Dramamine

Upper respiratory infection/Cold: Tylenol, plain or extra strength. Claritin for congestion. Robitussin DM or Triaminic for cough. Cough drops/lozenges and saline nasal sprays are also fine. Increase fluids and humidity in room. Call if oral temperature is 101 or greater.