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:** Clotrimeton, 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, immodium 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.