



Medicine Guidelines for Pregnancy

The following over-the-counter medications are safest to use during pregnancy for the corresponding common pregnancy ailments. Please note that no drug can be considered 100% safe to use during pregnancy. You may need a prescription strength medication if your symptoms do not improve or worsen.

Heartburn/Indigestion - Gaviscon (aluminum hydroxide & magnesium carbonate) - Maalox (aluminum hydroxide & magnesium hydroxide) - Mylanta (calcium carbonate/magnesium carbonate) - Tums (calcium carbonate) - Zantac (ranitidine) - Pepcid (famotidine)	Cold/Flu - Tylenol (acetaminophen) - Mucinex (guaifenesin) - Benadryl (diphenhydramine) - Robitussin (Dextromethorphan) - Vicks Vapor Rub (mentholated cream) - Chloraseptic throat spray - Cough drops - Saline nasal spray	Constipation - Colace (docusate) - Citrucel (methylcellulose) - Fibercon (polycarbophil) - Metamucil (psyllium) - MiraLAX (polyethylene glycol)
Seasonal Allergies - Benadryl (diphenhydramine) - Claritin (loratadine) - Zyrtec (cetirizine)	Skin Rashes/Itching - Aveeno, Calamine lotion, Aquaphor, Eucerin - Benadryl 1% hydrocortisone cream - Oatmeal baths	Pain/Fever Tylenol (Acetaminophen) *avoid aspirin or NSAIDS (non-steroidal anti-inflammatory medications such as Advil (ibuprofen), Aleve (naproxen sodium))
Headaches - Magnesium (400 mg three times a day) - Natural Calm (magnesium powder) - Tylenol	Diarrhea - Imodium (loperamide) - Pepto Bismol/Kaopectate (bismuth subsalicylate)	Nausea - Vitamin B6 (25 MG, 3 times a day) - Unisom (doxylamine) ½ tablet
Hemorrhoids - Tucks (witch hazel) - Preparation H (Phenylephrine/mineral oil/petrolatum)	Vaginal Itch - Vagisil - Hydrocortisone cream	Muscle aches/pain - Icy Hot - BENGAY
Lice Nix/Rid (permethrin)	Yeast Monistat (miconazole)	Tooth/Gum pain Orajel
Gas/bloating Gas-X (Simethicone)	First Aid Ointment Neosporin (neomycin/polymyxin B/bacitracin)	Sleep - Benadryl (diphenhydramine) - Unisom (doxylamine)