



## Over-the-Counter Medications that are Safe to Use During Pregnancy

	Brand Name	Generic Name
<b>Antacids</b>	<ul style="list-style-type: none"> <li>Gaviscon®</li> <li>Mylanta®/Maalox®</li> <li>Tums®</li> <li>Zantac®</li> <li>Pepcid®</li> </ul>	<ul style="list-style-type: none"> <li>aluminum hydroxide &amp; magnesium carbonate</li> <li>aluminum hydroxide &amp; magnesium hydroxide</li> <li>calcium carbonate</li> <li>rantidine</li> <li>famotidine</li> </ul>
<b>Colds</b>	<ul style="list-style-type: none"> <li>Chloraseptic®</li> <li>Mucinex®/Robitussin DM®</li> <li>Sudafed®</li> <li>ChlorTrimeton®</li> <li>Benedryl®</li> <li>Afrin®</li> <li>Nyquil® USE SPARINGLY</li> </ul>	<ul style="list-style-type: none"> <li>throat spray, throat lozenges</li> <li>guaifenesin</li> <li>phenylephrine</li> <li>chlorpheniramine</li> <li>diphenhydramine</li> <li>nasal decongestant spray</li> <li>Nighttime cold medicine</li> </ul>
<b>Seasonal Allergies</b>	<ul style="list-style-type: none"> <li>Benedryl®</li> <li>Claritin®</li> <li>Zyrtec®</li> </ul>	<ul style="list-style-type: none"> <li>diphenhydramine</li> <li>loratadine</li> <li>citirizine</li> </ul>
<b>Constipation</b>	<ul style="list-style-type: none"> <li>Colace®</li> <li>Citrucel®</li> <li>Fibercon®</li> <li>Metamucil®</li> </ul>	<ul style="list-style-type: none"> <li>docusate</li> <li>methylcellulose</li> <li>polycarbophil</li> <li>psyllium</li> </ul>
<b>Diarrhea</b>	<ul style="list-style-type: none"> <li>Imodium®</li> <li>PeptoBismol®/Kaopectate®</li> </ul>	<ul style="list-style-type: none"> <li>loperamide</li> <li>bismuth subsalicylate</li> </ul>





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<b>Hemorrhoids</b> Creams are OK, avoid suppositories	<ul style="list-style-type: none"> <li>Tucks®</li> <li>Anusol®</li> <li>Preparation H®</li> </ul>	<ul style="list-style-type: none"> <li>witch hazel (liquid)</li> <li>pramoxine</li> <li>hemorrhoid ointment</li> </ul>
<b>Nausea</b> *See nausea and vomiting handout for more options	<ul style="list-style-type: none"> <li>Vitamin B6 (25 MG, 3 x day)</li> <li>Unisom®</li> </ul>	<ul style="list-style-type: none"> <li>doxylamine</li> </ul>
<b>Pain/Fever</b>	<ul style="list-style-type: none"> <li>Tylenol®</li> </ul>	<ul style="list-style-type: none"> <li>Acetaminophen (regular or extra strength)</li> </ul>
*avoid aspirin or NSAIDS (non-steroidal antiinflammatories such as Advil® (ibuprofen), Aleve® (naproxen sodium))		
<b>Skin Rashes</b>	<ul style="list-style-type: none"> <li>Aveeno®</li> <li>Caladryl®</li> <li>A&amp;D Ointment®</li> <li>Alpha Keri®</li> <li>Aquaphor®</li> <li>Eucerin Cream®,</li> <li>Benedryl Cream®</li> </ul>	<ul style="list-style-type: none"> <li>Baby oil</li> <li>1% hydrocortisone cream</li> </ul>
<b>Lice</b>	<ul style="list-style-type: none"> <li>Nix®</li> </ul>	<ul style="list-style-type: none"> <li>permethrin</li> </ul>
<b>Yeast</b>	<ul style="list-style-type: none"> <li>Monistat 7®</li> <li>Gynelotrimin®/Mycelex7®</li> </ul>	<ul style="list-style-type: none"> <li>miconazine</li> <li>clotrimazole</li> </ul>