

## SAFE OVER THE COUNTER MEDICATION TO TAKE DURING YOUR PREGNANCY

**The following medications have no known harmful effects during pregnancy when taken according to the package directions. If you want to know about the safety of any other medications not listed here, please contact your health care provider.**

Condition	Medication
<b>Allergy symptoms</b>	Benadryl (diphenhydramine), Claritin (loratadine), Zyrtec (cetirizine)  Allergy shots are safe to continue during your pregnancy
<b>Cold and flu</b>  Expectorants: helps move thick mucous from your lungs.  Cough suppressant: will help you stop coughing	Fever: Tylenol (acetaminophen) or Tylenol Cold  Sore throat: Tylenol, saltwater gargles (mix one teaspoon salt in 8 ounces warm water), cough lozenges  Congestion: Saline nasal drops or spray, Humidifier, Sudafed, Actifed, Dristan  Expectorant: Robitussin EM cough syrup, Mucinex, Guaifenesin  Suppressant: Robitussin DM, Delsym, Dextromethorphan, cough lozenges
<b>Constipation</b>	Avoid constipating foods: Bananas, apples/applesauce, black tea, and hard cheeses  Metamucil, Citrucel, Fibercon/Fiberall, Colace, Senekot, Milk of Magnesia, Miralax
<b>Diarrhea</b>	Kaopectate, Imodium  Call your provider if diarrhea persists longer than 24 hours
<b>First Aid Ointment</b>	Bacitracin, Neosporin, Polysporin
<b>Headache</b>	Tylenol
<b>Heartburn</b>	Tums, Maalox, Mylanta, Zantac, Tagamet, Pepcid, Riopan, Gaviscon
<b>Hemorrhoids</b>	Avoid constipation  Preparation H, Anusol, Tucks, Witch hazel
<b>Rashes</b>	Hydrocortisone cream/ointment, Caladryl lotion/cream, Benadryl cream, Aveeno bath
<b>Vaginal yeast infection</b>	Monistat cream or suppositories