



Common Complaints and Sickness *Over-the-Counter Medications*

The following is a list of over-the-counter medications considered safe during pregnancy. **Medications containing Pseudoephedrine (a decongestant that constricts blood vessels) should not be taken if you have elevated Blood Pressure.**

Allergies, Colds & Coughs:

Actifed
All cough drops & cough sprays
Benadryl
Chloraseptic Spray
Claritin (regular or Redi-tabs)
Claritin D
Dextromethorphan
Dimetapp
Guaifenesin
Mucinex
Robitussin (any)/ Generics
Saline Nasal Spray
Sudafed
Tylenol based cold products
Vick's Vapor Rub
Zyrtec

Constipation:

Citrucel
Colace
Metamucil
Milk of Magnesia
Senokot

Headache:

Tylenol
Aspirin-free Excedrin

Fever:

Tylenol
(No Ibuprofen or Aspirin products)

Heartburn & Upset Stomach:

Antacids (Gaviscon, Mylanta, Rolaids, Tums,
Pepcid AC, Zantac)
Immodium (for diarrhea)
Gas X

Hemorrhoids:

Annusol
Annusol HC
Preparation H
Witch Hazel

Skin Rashes:

Benadryl cream or gel
Calamine Lotion
Hydrocortisone cream

Sleep:

Unisom

Yeast Infection:

Monistat (1,3 or 7)
Hydrocortisone cream for external itching