



2790 Godwin Boulevard, Suite 360, Suffolk, VA 23434 ••• 5833 Harbour View Boulevard, Suite C, Suffolk, VA 23435

OVER THE COUNTER (OTC) MEDICATIONS SAFE IN PREGNANCY

Do not exceed recommended dosage

Avoid products containing alcohol, aspirin, ibuprofen

Common Cold: Tylenol or acetaminophen (regular or extra strength,) Tylenol Sinus, Tylenol Cold Daytime

Allergies: Claritin, Zyrtec, Benadryl, Rhinocort

Itchy Skin: Cocoa Butter, Nivea, Benadryl 25mg orally every 4 hours as needed, Benadryl cream as needed

Insomnia: Benadryl 25mg orally at bedtime, Unisom as directed, Tylenol PM

Cough: Robitussin (plain only,) Cepacol or Sucrets throat lozenges

Heartburn: Maalox, Mylanta, Tums, Pepcid AC, Zantac

Headache: Tylenol or acetaminophen (regular or extra strength)

Diarrhea: *Drink more water,* Kaopectate, Imodium AD

Constipation: *Drink more water,* Colace 100mg, Metamucil, Citrucel, Fiber Con, Milk of Magnesia, Miralax, Probiotics

Yeast Infection (itching, irritation, discharge): Gyne-Lotrimin, Monistat- 3 day
**if no improvement- an appointment will be needed*

Hemorrhoids: Preparation H, Tucks, Anusol, Anusol HC

Gas/Bloating: Gas-X, Mylicon, Phazyme

Insect Repellent: Skin-So-Soft, Skintastic, Cutter products, OFF (most over the counter varieties)
**Products containing DEET are safe to use during pregnancy and should be used to prevent mosquito bites which may cause zika virus.*

Always remember to use medications in the recommended doses. DO NOT exceed the recommended dosage. Avoid products containing alcohol, aspirin and ibuprofen. If you have any questions regarding medications not listed here, be sure to consult your physician. Please consult your obstetrician (757-539-3911) before taking any prescription medications. Remember to check with your obstetrician before dental appointments/procedures. Taking a generic form of the medications listed here is fine; if you have a question about the generic form of a medication, please ask your pharmacist. (UPDATED APRIL 2017)