

Over the Counter Medications

That may be safely taken in pregnancy

For Colds, Allergies or Sinus symptoms

Before 12 weeks

Benadryl

Tylenol

After 12 weeks

Claritin or Claritin-D

Zyrtec

Asprin-free Dristan

Chlor-Trimeton

Actifed

Sudafed

Afrin nasal spray

Saline nasal spray

Cough

Robitussin – plain or DM

Cough drops

Lozenges

Heartburn

Maalox

Mylanta

Tums (may reduce absorption of prenatal vitamins)

Nausea

Vitamin B-6, 100mg, 3 times a day

Emetrol

Headache

Tylenol

Sore Throat

Chloraseptic spray

Cepacol Lozenges

Sucrets

Hall's

Constipation

High fiber diet

Increase fluid intake

Colace

Senokot

Metamucil or other fiber supplement

Diarrhea

Drink clear liquids

Imodium AD

Hemorrhoids

Tucks

Anusol HC suppositories

Preparation H

Ice packs

Drugs to Avoid in Pregnancy

Aspirin

NSAIDs – Motrin, Aleve, Ibuprofen

High dose vitamins, especially vitamin A

Herbal preparations

Tranquilizers/sedatives

Tetracyclines (prescription)

Accutane (prescription)