



Approved OTC Medications during Pregnancy and Breastfeeding

Symptoms	First Line (Preferred)	Other Options*
Acid Reflux	Tums/Roloids products Pepcid (famotidine) Tagament (cimetidine)	
Allergies	Allegra (fexofenadine) Claritin (loratadine) Zyrtec (cetirizine)	Benadryl (diphenhydramine)
Constipation	Citrucel (methylcellulose) Colace (docusate sodium) Peri-Colace (docusate/senna) FiberCon (polycarbophil) Milk of Magnesia	Dulcolax (bisacodyl) Metamucil (psyllium) MiraLAX (polyethylene glycol)
Cough	Delsym (dextromethorphan) Mucinex (guaifenesin) Robitussin DM (dextromethorphan/guaifenesin) -Sugar-free options are available for diabetic patients!	
Diarrhea	Immodium (loperamide)	
Gas	Maalox/Gelusil/Mylanta (simethicone)	
Headache	Tylenol (acetaminophen) regular or extra strength	
Hemorrhoids	Preparation-H Ointment Anusol Cream	Nupercainal
Nasal Congestion	Ocean Nasal Spray Neti Pot	Afrin (oxymetazoline) – for <u>short term</u> treatment only! Flonase (fluticasone)
Nausea/Vomiting	Emetrol Unisom (doxylamine) Vitamin B6 (50 mg four times daily)	Dramamine
Sore Throat	Chloraseptic Spray Throat lozenges NyQuil (alcohol content less than 15%)	
Vaginitis (yeast infection)	Monistat (miconazole) 3 day or 7 day option	

Medications to

AVOID -

Unless otherwise recommended by your healthcare provider

Ibuprofen/Aleve/Motrin/Naproxen products
Aspirin containing products (such as Bayer and Excedrin)
Decongestants containing **pseudoephedrine** and **phenylephrine** (such as Claritin-D and Sudafed)
Kaopectate
Pepto Bismol

Note: Call if you do not experience relief of symptoms after directed use

*Other Options: are medications that have not been extensively studied; therefore, their safety is unknown -- use with caution