

Approved Over the Counter Medications For use after your first trimester (after 12weeks)

If needed, you may use the following over the counter medications after your first trimester. We recommend avoiding unnecessary medication use during pregnancy. Please contact our office with any questions.

Common cold- We prefer you try symptomatic non-medication remedies first especially since most colds are viral and do NOT require antibiotic treatment. We recommend trying a humidifier, sitting in a steamy bathroom, breathe right nasal strips, saline nose drops, good handwashing, increasing fluid intake and vitamin C, along with rest. Often these measures can help you get back on your feet.

Constipation- Colace, Citrucel, Metamucil, Miralax for maintaining regular BM's. Milk of Magnesia can be used if severely constipated. It is important to increase your fluid and fiber intake eat lots of fruits, veggies and whole grains.

Cough- Honey can quiet a cough, you may also try running a humidifier and increasing your fluid intake. Plain Robitussin syrup can be used but **NOT** Robitussin DM,etc

Decongestants- Sudafed (as long as you do not have blood pressure concerns). Saline nose drops, steam/humidifier, increasing fluid intake.

Headaches- these are a common nuisance in pregnancy often associated with pregnancy hormones. Make sure you are drinking at least 10-12 cups of water daily, getting enough rest and eating a healthy snack every 2-3 hours. If these measures do not relieve your headache you may take Tylenol 650mg every 4-6 hours as needed. Contact our office with persistent headaches or vision disturbances.

Heartburn, Indigestion, Gas- Tums, Rolaids, Gas-x, Mylanta, Zantac, Maalox, Pepcid. DO NOT USE Pepto Bismol

Hemorrhoids- Tucks pads, Preparation H, Witch Hazel (prevent constipation!- see that topic)

Insomnia- Unisom 25mg tablet at bedtime NOT CAPSULES. Tylenol PM can also be used.

Nausea- Try small frequent meals, avoid letting your stomach get too empty or full- just graze throughout the day. Avoid very cold liquids, try eating crackers before getting up in the morning. Vitamin B6, Unisom 25mg tablets (NOT capsules), Sea Bands or Psi Bands, Ginger ale, ginger snaps, Preggie pops. Often sour items may help like lemonade and salt & vinegar chips.

Pain Medication- Tylenol or Extra Strength Tylenol are safe to use. **DO NOT USE:** Advil, Ibuprofen, Motrin, Aleve, or Aspirin (unless specifically told by your provider)

Seasonal Allergies- Benadryl, plain Claritin or Zyrtec

Yeast infections- Monistat 3 or 7 cream. Cold compresses and tub baths for comfort

**** Please note-there are many other medications that are safe to use during pregnancy. If you have further questions please discuss with our office.**