

Over-the-Counter Medications that are Safe to Use during Pregnancy

	BRAND NAME	GENERIC NAME
ANTACIDS	Gaviscon®	aluminum hydroxide & magnesium carbonate
	Mylanta®/Maalox®	aluminum hydroxide & magnesium hydroxide
	Tums®	calcium carbonate
	Zantac®	rantidine
	Pepcid®	famotidine
COLDS	Chloraseptic®	throat spray, throat lozenges
	Mucinex®/Robitussin DM®	guaifenesin
	Sudafed®	phenylephrine
	ChlorTrimeton®	chlorpheniramine
	Benedryl®	diphenhydramine
	Afrin®	nasal decongestant spray
	Nyquil® <i>USE SPARINGLY</i>	Nighttime cold medicine
SEASONAL ALLERGIES	Benedryl®	diphenhydramine
	Claritin®	loratadine
	Zyrtec®	cetirizine
CONSTIPATION	Colace®	docusate
	Citrucel®	methylcellulose
	Fibercon®	polycarbophil
	Metamucil®	psyllium
DIARRHEA	Imodium®	loperamide
	PeptoBismol®/Kaopectate®	bismuth subsalicylate
HEMORRHOIDS	Tucks®	witch hazel (liquid)
	Anusol®	pramoxine
	Preparation H®	hemorrhoid ointment
Creams are OK, avoid suppositories		
NAUSEA	Vitamin B6 (25 MG, 3 x day)	
	Unisom®	doxylamine

*See nausea and vomiting handout for more options

PAIN/FEVER Tylenol® Acetaminophen (regular or extra strength)
*avoid aspirin or NSAIDS (non-steroidal antiinflammatories such as Advil® (ibuprofen), Aleve® (naproxen sodium))

SKIN RASHES Aveeno®, Caladryl®, A&D Ointment®, Alpha Keri®, Aquaphor®, Eucerin Cream®, Benedryl Cream® Baby oil, 1% hydrocortisone cream

LICE Nix® permethrin

YEAST Monistat 7® miconazine
Gynelotrimin®/Mycelex7® clotrimazole