



Obstetrics &  
Gynecology

**Over the Counter Medications Approved during Pregnancy**

**\*\*We Advise as little medications as possible, especially in the first 3 months of pregnancy, when fetal organs are developing\*\***

**DISCLAIMER: Use all OTC medications only in moderation and when indicated**

**Colds**

- Use a humidifier
- Normal Saline nasal spray
- Vitamin C
- Guaifensasen (Plain Robitussin or Mucinex)
- Cough drops, Cepacol, Chloraseptic
- NO Nyquil
- NO Multi-system drugs
- We do not recommend Zinc

**Congestion**

- Claritin (plain)
- Normal saline nasal spray
- NO Afrin

**Nausea**

- Dramamine
- Unisom (doxylamine) ½ tablet (not capsule) before meals and at bedtime
- Vitamin B6 50 mg tid (three times a day)
- Small frequent meals (protein)
- Bland food
- Citrus
- Fluids different than solids – Drink, then wait to attempt eating
- Motion sickness wrist bands
- Mint candies
- Ginger Ale

**Sleep/Itching/Allergies**

- Benadryl
- Unisom (Doxylamine)

**Diarrhea**

- BRAT diet (bananas, rice, applesauce and toast)

**Reflux/Heartburn**

- Tums
- Mylanta gel caps
- Pepcid
- Zantac
- Decrease sugar
- **NO** Pepto Bismol

**Pain**

- Tylenol – 2 extra strength at a time – max 3 grams daily (6 extra strength)
- Heating pads – low settings for 10-15 minute intervals
- Warm baths
- Stretching
- **NO** aspirin, Motrin, ibuprofen, Advil or Aleve

**Constipation**

- Increase Water
- Increase Fiber – Benefiber/Fibercon/Metamucil/etc.
- Fruits and Vegetables
- Colace
- Milk of Magnesia
- Magnesium Citrate

**Hemorrhoids**

- Tucks
- Preparation H
- Increase Fiber
- Anusol, Proctosol
- Witch Hazel

**Toothache/Dentist**

- Orajel
- Dentist may use Novacaine and take x-rays with lead shief