

Over-the-Counter Medications in Pregnancy

Avoidance of all medications that are not essential for health is a good principle to adhere to during pregnancy. Nevertheless, certain common complaints or illnesses during pregnancy occasionally justify the use of over-the-counter medications. Below are listed the medications which we feel are least likely to be harmful. Use them only when needed and as little as possible. Please do not use any medication not listed without checking with your health care provider first.

Symptoms	Medications
Nausea	<ul style="list-style-type: none"> • Emetrol 2 tsp every 3 hours as needed • Vitamin B6, 25 mg twice a day • Non-drowsy Dramamine 50 mg, one tablet every 4 hours as needed <p>❖ CALL US if you are vomiting and unable to hold down liquids for 24 hrs or greater</p>
Constipation	<ul style="list-style-type: none"> • Metamucil or other psyllium product • Citrucel, Fibercon, or other bulking agent • Prune juice or stewed prunes (also a great iron source) • Colace (stool softener) • Milk of magnesia can be used occasionally <p>❖ AVOID mineral oils, harsh laxatives, and enemas</p>
Indigestion, Heartburn, Gas	<ul style="list-style-type: none"> • Milk of Magnesia • Gaviscon • Amphojel • Maalox or Mylanta (excessive use can cause diarrhea) • Tums and Rolaids can be used, but are more likely to cause constipation
Hemorrhoids	<ul style="list-style-type: none"> • Preparation-H or Anusol cream or suppositories may be used. • Tucks pads or cold witch hazel compresses
Diarrhea	<ul style="list-style-type: none"> • Immodium • Kaopectate 3-6 tbsp after each liquid stool as needed, may be used • BRAT Diet: bananas, white rice, applesauce, black tea. Avoid dairy for at least 24 hrs. <p>❖ It is important to maintain adequate fluid intake in order to prevent dehydration. We recommend consuming pedialyte.</p>
Fever, Headaches, Body aches	<ul style="list-style-type: none"> • Acetaminophen (Tylenol) 1-2 tablets every 4-6 hrs, no to exceed 6 tablets per day • Saline nose drops • TheraFlu <p>❖ Humidifier also may relieve congestion</p> <p>❖ You SHOULD NOT use Ibuprofen or Aspirin</p>
Cough	<ul style="list-style-type: none"> • Plain Robitussin with dextromethorphan, 2 tsp every 4 hours, not to exceed 12 tsp per day • Robitussin DM, 2 tsp every 6-8 hours, not to exceed 8 tsp per day
Sore Throat	<ul style="list-style-type: none"> • Throat lozenges may be used <p>❖ A salt water gargle using 2 tsp of salt dissolved in a glass of water is usually effective</p>
Sinus Congestion	<ul style="list-style-type: none"> • Sudafed PE • Actifed • Benadryl • Claritin