

## OTC Medication Guidelines During Pregnancy

No medication is 100% safe in pregnancy; therefore we ask that you consult us before taking any medications not listed below. All medications listed here should be taken in very small doses and only when absolutely necessary.

During the First Trimester (weeks 1-12) it is recommended that you consult us before taking any medication as this is a crucial time of fetal development.

- ALLERGIES:** Sudafed (pseudoephedrine), Efidac, Sinarest, Sine-off, Teledrin, Sine-aid, Visine, Tylenol Allergy Sinus, Novahistine, Duration, Claritin, Alavert, Benadryl
- BACKACHE:** Mineral Ice, Eucalyptus mint, Tylenol (acetaminophen), Doans, Capsagel
- COLDS:** Comtrex, Sinaid, Chlor-trimeton, Drixoral, Triaminic, Theraflu, Tavist-D, Coricidin, Dimetap, Actifed, Mucinex
- CONSTIPATION:** Colace (docusate sodium), Metamucil, Effersyllium, Fi-bars, Fibercon, Miralax, Konsyl (tabs/powder), Oatmeal, Fiber-One, Prune juice, Bran cereals
- COUGH:** Tylenol Cough, Robitussin-DM, Drixoral, Delsym, Triaminic
- DIARRHEA:** Imodium A-D, Kaopectate, Pepto Bismol
- HEMORRHOIDS:** Witch-hazel, Preparation-H, Anusol HC-1, Tronolane, Hemorid, Tucks
- INDIGESTION:** Tums, Roloids, Maalox, Mylanta, Tagamet, Gaviscon, Tiralax, Nehro, Peppermint teas, Pepcid OTC
- INSOMNIA:** Unisom, Sleepinal, Sleepy time Tea, Chamomile, Tylenol PM
- ITCHING:** Americane, Xylocaine 2.5% Ointment, Dermoplast, Aloe-Vera with lidocaine, Caldecort, Alpha Keri, Aveeno Bath, Nupercaine, Psoriasis/Eczema relief cream, Cortizone, Benadryl tabs/cream, Gelvsi
- MOUTH ISSUES:** Sensodyne toothpaste, Glycoxide Carbamide peroxide 10%, Orajel
- NASAL CONGESTION:** Neo-Synephrine, Afrin, Efidac, Na-Sal, Privine, Vicks, Saline, Ocean spray, Eucalyptus Oil, Sinutab, Nasal Moist

**NAUSEA:**

Ginger, Ginger ale/tea/snaps, Peppermint tea/candy, Gatorade, Pedialyte (dilute to ½ strength), Vitamin B-6, Unisom, Seabands  
\*\* IF UNABLE TO TOLERATE FLUIDS AFTER 24 HOURS  
CALL THE OFFICE.

**PAIN RELIEVERS:**

Tylenol (acetaminophen)

**SORE THROAT:**

Any Lozenges, Chloraseptic spray, Gargle with salt water