

## **Obstetrics & Gynecology Over-The-Counter Safe Medications**

When you are pregnant, it is considered best if you take little or no medications; however sometimes medications are needed. Below is a list of medications that are safe if used in moderation and only when needed. Please call the office if you have any questions about what is safe to take in pregnancy.

### **Allergy, Cold and Flu**

#### **Symptoms**

Chlor-Trimeton  
Claritin  
Chloraseptic Spray or Lozenges  
Halls Cough Drops  
Drixoral  
Cold and Allergy  
Cold and Flu  
Allergy and Sinus  
Nasalcrom Nasal Spray  
Theraflu  
Regular & Maximum Strength  
Triaminic Products  
Tylenol  
Cold, Allergy, Sinus & Flu  
Tylenol  
Regular or Extra Strength  
Robitussin Products

#### **Constipation**

Colace  
Metamucil  
Milk of Magnesia  
Warm Apple or Prune Juice

**DO NOT USE MINERAL OIL**

#### **Sleeplessness**

Benedryl  
Tylenol PM

#### **Diarrhea**

Imodium

#### **Heart Burn**

Maalox  
Pepcid  
Tums  
Zantac  
Rolaids  
Tagament

#### **Gas**

Gas-X  
Mylanta

#### **Hemorrhoids**

Tuck Pads  
Anusol Cream  
Preparation H

#### **Nausea (Morning Sickness)**

Products that contain Ginger  
Ginger Tea  
Ginger Snap Cookies  
Ginger Ale  
Peaches are also well tolerated  
Vitamin B rich foods or tablets

Food:

Whole Grains  
Wheat Cereals  
Wheat germ  
Nuts, seeds, legumes  
Corn

#### **Avoid odors such as:**

Cooking Odors  
Cigarette & Cigar Smoke  
Eat several small meals a day  
Called Grazing

**Avoid spicy and greasy foods**

**Read the labels that list the active ingredients in all medications you take. Avoid any products that contain Alcohol, Aspirin, Ibuprofen or Naproxen.**

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