

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
Nasal Crom 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

Benadryl
Tylenol PM

Diarrhea

Imodium

Heart Burn

Maalox
Pepcid
Tums
Zantac
Rolaids
Tagamet

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

Yeast Infection

Monistat 3 Day
Monistat 7 Day

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