

Over-the-counter Medicines Safe to Use During Pregnancy

Brand names and ingredients can change. Use the generic name (in parentheses) as the key for using these medicines. If you have questions or concerns, please call your clinic or pharmacist.

Condition	Medicine	Condition	Medicine
acne	<input type="checkbox"/> Cetaphil® Gentle Skin Cleanser <input type="checkbox"/> CeraVe™ Hydrating Cleanser <input type="checkbox"/> Glytone® (benzoyl peroxide)	diarrhea	<input type="checkbox"/> Imodium® (loperamide)
allergy	<input type="checkbox"/> Alavert® or Claritin® (loratadine) <input type="checkbox"/> Benadryl® (diphenhydramine) <input type="checkbox"/> Zyrtec® (cetirizine)	fever	<input type="checkbox"/> Tylenol® (acetaminophen) Take 650 milligrams (mg) every 4 hours for temperature higher than 100.4 F. If you have a fever for 12 hours, call your health care provider.
constipation	<input type="checkbox"/> Citrucel® or Unifiber® (methylcellulose) <input type="checkbox"/> Colace® (docusate sodium) <input type="checkbox"/> ex-lax® Maximum Strength Stimulant Laxative (sennosides) or Senokot® (senna) <input type="checkbox"/> Fiber caplets or FiberCon® (calcium polycarbophil) <input type="checkbox"/> Metamucil® (psyllium) <input type="checkbox"/> milk of magnesia (magnesium hydroxide) <input type="checkbox"/> mineral oil (one ounce) in juice <input type="checkbox"/> ClearLax®, MiraLAX® (polyethylene Glycol 3350)	gas	<input type="checkbox"/> Gas-X® Chewable Tablets or Maalox® Anti-Gas or Mylanta® Gas Maximum Strength Chewable Tablets (simethicone) <input type="checkbox"/> Mylanta® Maximum Strength Liquid or Maalox® Advanced Maximum Strength Liquid (aluminum hydroxide, magnesium hydroxide, simethicone)
cough (alcohol-free syrup)	<input type="checkbox"/> Vicks® DayQuil™ Cough Suppressant Soothing Tropical Blend (dextromethorphan hydrobromide) <input type="checkbox"/> Delsym® 12-Hour Extended-release Suspension (dextromethorphan polistirex) <input type="checkbox"/> Coricidin® HBP Chest Congestion and Cough or Adult Robitussin® Peak Cold Cough and Chest (dextromethorphan, guaifenesin) <input type="checkbox"/> Mucinex® (guaifenesin)	heartburn	<input type="checkbox"/> Gaviscon® (aluminum hydroxide, magnesium carbonate) <input type="checkbox"/> Maalox® tablets or Roloids® or Titalac® or Tums® (calcium carbonate) Take less than 2,000 mg. <input type="checkbox"/> Maalox® Advanced Regular Strength Liquid or Mylanta® Regular Strength Classic Liquid (aluminum hydroxide, magnesium hydroxide, simethicone) <input type="checkbox"/> Pepcid® AC (famotidine) <input type="checkbox"/> Zantac® (ranitidine)

Important: No medicine can be considered 100 percent safe to use during pregnancy.

(over)

Condition	Medicine	Condition	Medicine
hemorrhoids	<input type="checkbox"/> Anusol-HC® hemorrhoidal ointment or Preparation H® Hydrocortisone (hydrocortisone). <input type="checkbox"/> Preparation H® (phenylephrine, pramoxine, glycerin, petrolatum) <input type="checkbox"/> Tucks® pads (witch hazel)	sinus congestion and cold	<input type="checkbox"/> Chlor-Trimeton® (chlorpheniramine) <input type="checkbox"/> Coricidin® HBP Chest Congestion and Cough (dextromethorphan, guaifenesin) <input type="checkbox"/> Ocean Mist® nasal spray (saline [sodium chloride] nasal sprays) <input type="checkbox"/> Sudafed® (pseudoephedrine) Avoid in the first trimester. Avoid all products with phenylpropanolamine and phenylephrine.
nausea, vomiting, motion sickness	<input type="checkbox"/> Emetrol® Syrup (phosphorated [phosphoric acid] carbohydrates [dextrose, fructose] syrup) Avoid if you have diabetes. <input type="checkbox"/> Dramamine® (dimenhydrinate) <input type="checkbox"/> ginger tabs (ginger) <input type="checkbox"/> vitamin B6 Take 25 mg 4 times a day. <input type="checkbox"/> Sea-Band® <input type="checkbox"/> Unisom® SleepTabs® (doxylamine succinate) Take one-half of 25 mg tablet and 25 mg of vitamin B6 3 to 4 times a day.	sleep problems	<input type="checkbox"/> Unisom® SleepTabs®(doxylamine succinate) <input type="checkbox"/> Tylenol® PM (acetaminophen, diphenhydramine HCl)
pain Call your clinic if your pain is in your abdomen (stomach).	<input type="checkbox"/> Tylenol® (acetaminophen) Take 650 to 1,000 mg every 4 hours as needed. Do not take more than 4,000 mg in 24 hours. If you don't have relief in 24 hours, call your clinic.	sore throat	<input type="checkbox"/> Cepacol® Maximum Strength Sore Throat Spray or Sucrets® lozenges (dyclonine hydrochloride) <input type="checkbox"/> Chloraseptic® lozenges (benzocaine) or spray (phenol) Do not take longer than 2 days. <input type="checkbox"/> Halls® or Robitussin® lozenges (menthol) <input type="checkbox"/> Vicks® lozenges with honey (dextromethorphan hydrobromide)
rash Call your clinic if you have an allergic reaction, or no relief.	<input type="checkbox"/> Aveeno® Soothing Bath Treatment (colloidal oatmeal) <input type="checkbox"/> Caladryl® Clear® lotion (pramoxine, zinc acetate) or calamine lotion (calamine, zinc oxide) <input type="checkbox"/> Cortaid® 1% (hydrocortisone) cream <input type="checkbox"/> Gold Bond® Medicated Anti-itch Cream (menthol, pramoxine) <input type="checkbox"/> Benadryl® (diphenhydramine). Take one 25 to 50 mg pill 3 to 4 times a day.	vaginal yeast infection	<input type="checkbox"/> Gynazole-1® (butoconazole) <input type="checkbox"/> Gyne-Lotrimin® (clotrimazole) <input type="checkbox"/> Monistat® 7 vaginal cream (miconazole)