

SAFE OVER THE COUNTER MEDICATIONS & PRODUCTS DURING PREGNANCY



**If you have questions about your medications, always ask your provider.
There is no amount of alcohol or marijuana that has been proven safe during pregnancy.**

ALLERGY

Diphenhydramine (Benadryl)
Cetirizine (Zyrtec)
Chlorpheniramine (Chlor-Trimeton)
Dexchlorpheniramine
Hydroxyzine (Atarax, Vistaril, Hyzine)
Loratidine (Claritin)
Saline sinus rinse (NeilMed or similar)

COLD OR FLU

Acetaminophen (Tylenol)
Cough drops (mentholated or non-mentholated - avoid herb or aspartame if you have gestational diabetes)
Diphenhydramine (Benadryl)*
Dextromethorphan (Robitussin)*
Gargle warm salt water
Guaifenesin (Mucinex, plain)*
Humidifier
Pseudoephedrine (Sudafed; do not take in 1st trimester)
Saline nasal drops
Saline sinus rinse (NeilMed or similar)
Vicks Vapor Rub mentholated cream
*Avoid "multi-symptom" drug forms.
*Avoid Nyquil due to high alcohol content.

CONSTIPATION

Docosate sodium (Colace)
Magnesium citrate
Metamucil cookies
Methylcellulose fiber (Citrucel)
Milk of magnesium
Psyllium (Metamucil)
Polycarbophil (FiberCon)
Polyethylene glycol (MiraLAX)
*Also increase water and fiber intake, and exercise!

DIARRHEA

Loperamide (Imodium) - after 1st trimester, 24 hours only

FIRST AID OINTMENTS

Bacitracin
Neomycin/polymyxin B/bacitracin (Neosporin)

GAS

Simethicone

HEADACHES

Acetaminophen (Tylenol)
Magnesium oxide

HEARTBURN

Aluminum hydroxide/magnesium carbonate (Gaviscon)
Famotidine (Pepcid AC)
Aluminum hydroxide/magnesium hydroxide (Maalox)
Calcium carbonate/magnesium carbonate (Mylanta)
Calcium carbonate (Tums) - up to 6 tabs per day
Milk of magnesium

HEMORRHOIDS

Anusol HC (suppository or ointment)
Phenylephrine/mineral oil/petrolatum (Preparation H)
Witch hazel (TUCKS pads or ointment)
Sitz baths/epsom salts

INSECT REPELLANT

DEET (N,N-diethyl-meta-toluamide)

NAUSEA AND VOMITING

Diphenhydramine (Benadryl)
Ginger capsules
Relief bands
Vitamin B6

PAIN

Acetaminophen (Tylenol)

SKIN RASH

Diphenhydramine (Benadryl)
Hydrocortisone cream/ointment
Oatmeal bath (Aveeno)

SLEEP

Doxylamine succinate (Unisom SleepTabs)
Sound machine

SWELLING

Compression stockings
Epsom salts/warm bath

YEAST INFECTION

Miconazole (Monistat) - for skin or vaginal infection

OTHER CONSIDERATIONS

- Review all prescription, over the counter and supplement medications with your provider **as soon as you find out you are pregnant.**
- Ensure you are taking a daily prenatal vitamin (with iron and folic acid); prenatal gummies do not have iron.
- If you are a diabetic or have gestational diabetes, choose medication without sugar or diabetic formulas when possible.
- You can look up more information online or call for questions by phone: [MotherToBaby \(1-866-626-6847\)](https://www.mothertobaby.org), [Treating for Two](https://www.treatingfortwo.com), or [infantrisk.com \(1-806-352-2519\)](https://www.infantrisk.com).
- Consider downloading the app: [MommyMeds](https://www.mommymeds.com).
- If you are still breastfeeding, you can also look medications up on [LactMed](https://www.lactmed.org).
- Read more about medications and pregnancy from [the FDA](https://www.fda.gov) and [March of Dimes](https://www.marchofdimes.org).
- If you are using drugs or alcohol and desire help to stop, call **1-800-662-4357** to reach the National Drug and Alcohol Treatment Referral Service.

All links active when PDF downloaded. Download at: www.amidwifeneration.com/tools-handouts

Resources: American College of Obstetricians and Gynecologists. (2021). What medicine can I take for allergies while I'm pregnant? <https://www.acog.org/womens-health/experts-and-stories/ask-acog/what-medicine-can-i-take-for-allergies-while-im-pregnant>; Cleveland Clinic. (2018). Medicine guidelines during pregnancy. <https://my.clevelandclinic.org/health/drugs/4396-medicine-guidelines-during-pregnancy>; Office of Women's Health. (2012). Medicine and pregnancy. https://www.womenshealth.va.gov/WOMENSHEALTH/docs/Medicine_and_Pregnancy_Fact_Sheet_ENGLISH.pdf