

# 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**

Docusate 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 (GasX)

## **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) or doxylamine succinate (Unisom SleepTabs)  
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

**\*Download this handout and click on the underlined active hyperlinks for MORE info!\***



## **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), Treating for Two, or infantrisk.com (1-806-352-2519).
- Consider downloading the app: MommyMeds.
- If you are still breastfeeding, you can also look medications up on LactMed.
- Read more about medications and pregnancy from the FDA and March of Dimes.
- 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.

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](https://www.womenshealth.va.gov/WOMENSHEALTH/docs/Medicine_and_Pregnancy_Fact_Sheet_ENGLISH.pdf)