



The following is a list of over-the-counter medication safe to take at any time during pregnancy.

**IF YOU EVER HAVE ANY QUESTIONS ABOUT MEDICATION THAT IS NOT ON THIS LIST PLEASE CALL THE OFFICE AT 609-924-9300 or send a non-urgent message through the patient portal.**

**ACNE:** Any mild skin cleanser or topical cream is acceptable; Salicylic Acid or benzol peroxide washes are acceptable.

**DO NOT USE PRODUCTS CONTAINING RETINOIC ACID.**

**Anemia / Low blood count:** It is very important to take an iron supplement at a different time of day than your prenatal vitamin and thyroid medication. This is to maximize the absorption of the supplement

Ferrous sulfate 325mg tablet once daily

Gentle Iron (iron glycinate) 28 mg tablet once daily

Slow Fe (coated ferrous sulfate) 45mg tablet once daily

**Cold/Allergy/Congestion:**

Claritin (Loratadine) 10mg daily; Zyrtec (Cetirizine) 10mg daily;

Benadryl (Diphenhydramine) 25mg nightly (50mg if an allergic reaction)

Vick's Vapor Rub; Flonase, Saline nasal spray (Humist, Ocean Spray etc.).

Neti pots or cool mist humidifier are also effective.

**\*\* Avoid medication with pseudoephedrine (Claritin-D, Zyrtec-D) \*\***

**Cough:** Plain Robitussin or Delsym (Dextromethorphan) 30mg every 6 hours

Robitussin DM (dextromethorphan 20mg/guaifenesin 200mg) 20mL (liquid) every 4 hours

Plain Mucinex (Guaifenesin) 400mg tablet every 4 hours (do not exceed 6 tablets per day);

cough lozenges (Cepacol)

**Constipation:** Before taking any medication try the following: Prunes/ prune juice, Bran cereal. Increase roughage (fruits and green leafy vegetables). Increase walking.

If no change then try medication: Colace (Docusate Sodium) 100mg tablet twice a day or Psyllium Fiber (Metamucil or Konsyl) - follow directions on bottle for powder dosing with a full glass of water.

**Acceptable Laxatives in pregnancy:**

Senakot or ExLax (senna) 15mg once daily. Do not take this for longer than a week.

Citrucel (methylcellulose) 400mg caplets. Take 2 caplets every 4 hours, not to exceed 12 caplets daily. \*\* Must take with a large glass of water

Milk of Magnesia (magnesium hydroxide) - 400mg tablet (2 tablets every 4 hours. Max 8 tablets per day)

**Diarrhea:** Drink Clear liquids until diarrhea stops (sprite, ginger ale, tea, water, broth, jello, popsicles, etc.).

Replenish electrolytes with: Pedialyte, Gatorade, Propel.

Imodium (loperamide) 4 mg initially, then 2 mg after each loose stool; not to exceed 16 mg in a day

Imodium Multisymptom (loperamide 2mg / simethicone 125mg) 2 tablets once initially, then 1 tab/dose with each subsequent loose stool up to 4 tab/day

**CALL OFFICE if no improvement in 24 hours or if you recently took antibiotics.**



**Fever:** Tylenol (Acetaminophen) Regular strength (325mg tablets. Take 2 tablets every 4-6 hours as needed)) or extra strength (500mg tablets. Take 2 tablets every 6 hours as needed)

**\*\* Do not exceed 4 grams of acetaminophen in 24 hours \*\***

**Call the office if you have a temperature of 100.3 degrees or higher.**

**Call the office if you are taking Tylenol for more than 3 consecutive days.**

**Gas:** Gas X (Simethicone) 250 mg every 12 hours

**Heartburn:** Tums 750mg tablets - take 2-4 tablets with meal if needed, not to exceed 9 tablets / day

Pepcid (famotidine) 20mg tablet in the morning and at bedtime or 40mg tablet once a day

You can try chewing gum after meals

**DO NOT use Roloids, Pepto Bismol or Alka Seltzer.**

**Avoid:** Acidic foods (citrus fruits- oranges, tomatoes etc.), Peppermint, caffeine (soda, tea, coffee, chocolate).

Do not eat 2 hours before bedtime. Elevate the head of your bed. Do not lie flat.

Do not eat tums at the same time as an iron supplement

**Hemorrhoids:** Tucks (pramoxine) Pads (use instead of toilet paper); preparation H (phenylephrine) topical

Prescription Anusol Suppositories or proctosol (hydrocortisone) cream

Warm Sitz Bath (soaking in a tub of warm water).

**Motion Sickness:** Dramamine (dimenhydrinate) 50mg every 4 hours. Take 30 min before exposure to motion

**Mouth Sores:** Anbesol / Orajel (benzocaine topical or benzocaine/menthol topical) - apply on painful gums for 1 minute and then spit out.

**\*\* It is safe to see the dentist for any tooth/gum problems during pregnancy. It is safe to get certain types of dental work during pregnancy. Contact the office for a letter for your dentist if you are visiting your dentist during pregnancy. \*\***

**Muscle Aches:** OK to use hot pack / cold pack / massage

Bengay (menthol) patch - apply for 12 hours daily; Icy Hot (camphor/ menthol) up to 4 times daily

**\*\* Do not use on the skin overlying the uterus or products containing methyl salicylate**

**Nausea:** Emetrol (phosphorated carbohydrate) 30mL every 15 minutes until vomiting stops (do not exceed 6 doses)

Unisom (Doxylamine) 25mg twice daily; Vitamin B6 25-50 mg up to 3x/day (OK to take 100mg tablet)

Ginger ale, ginger tea, ginger tablets 250 mg.

**Please call the office if you are unable to stay hydrated, if you are feeling dizzy, or if you have stopped urinating.**

**Rash/ Bug bites:** Cortaid, Lanacort or any over the counter hydrocortisone cream. Benadryl cream or tablets;

Calamine lotion

**Sleep:** Benadryl (diphenhydramine) 25 - 50mg once at night; Unisom (Doxylamine) 25mg tablet at night

**Sore Throat:** Sucrets; Cepacol (spray or lozenges); Chloraseptic spray or lozenges, warm salt water gargle

**Yeast Infection:** Monistat (Miconazole); Gyne-Lotrimin



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Other Resources to check medication interactions:

<https://www.infantrisk.com/category/pregnancy>

<https://www.infantrisk.com/category/breastfeeding>

<https://mothertobaby.org/fact-sheets/>

LactMed Database <https://www.ncbi.nlm.nih.gov/books/NBK501922/>