

## Over-the-Counter (OTC) Medications During Pregnancy

No medication can be considered completely safe during pregnancy or while breastfeeding. The following medications are generally considered safer options. Whenever possible, it is better to take only the medications necessary to treat your symptoms and for the shortest time needed. Check with your midwife or OB before taking anything not listed here. Use the over-the-counter medications as directed on the package or by your midwife/OB.

Indication	Helpful Hints/Home Remedies before taking medications	Medications-Brand Name (Generic Name)
<b>Allergies</b> (runny nose, sneezing, watery eyes)	-Nasal saline rinses to flush allergens and thin secretions (use distilled, commercially bottled water; <b>never use tap water</b> ) -Try items listed under cold/congestion below	<ul style="list-style-type: none"> <li>• Zyrtec (cetirizine)                             <ul style="list-style-type: none"> <li>○ 5-10mg daily as needed, not to exceed 10mg in 24 hours</li> </ul> </li> <li>• Claritin (loratadine)                             <ul style="list-style-type: none"> <li>○ 10mg daily as needed, not to exceed 10mg in 24 hours</li> </ul> </li> <li>• Flonase (fluticasone propionate)                             <ul style="list-style-type: none"> <li>○ 1-2 sprays in each nasal cavity per day</li> </ul> </li> <li>• Benadryl (diphenhydramine)                             <ul style="list-style-type: none"> <li>○ 25-50mg every 6 hours as needed</li> </ul> </li> </ul>
<b>Cold/Sinus Congestion</b>	-Avoid decongestants in the 1 <sup>st</sup> trimester -Drink at least 80 ounces of fluids a day -Room humidifier -Saline nasal spray -Tea w/ honey & lemon	<ul style="list-style-type: none"> <li>• Afrin (oxymetazoline)                             <ul style="list-style-type: none"> <li>○ 2-3 sprays in each nostril twice daily</li> <li>○ Do not use for more than three days</li> </ul> </li> </ul>
<b>Constipation</b>	-Drink at least 80 ounces of fluids a day (water, 100% prune, pear, or apricot juice) -Increase fiber (fresh produce, fruits, whole grains, chia seeds, oatmeal, beans) -Moderate exercise (walking)	<p><b><u>Bulk forming &amp; softener can be taken regularly</u></b></p> <p><b>Bulk forming</b></p> <ul style="list-style-type: none"> <li>• Metamucil, Benefiber (psyllium)                             <ul style="list-style-type: none"> <li>○ Review package for dosing, take at least two hours before or after other meds</li> </ul> </li> </ul> <p><b>Stool softener (<i>keep stools soft</i>)</b></p> <ul style="list-style-type: none"> <li>• Colace (docusate sodium)                             <ul style="list-style-type: none"> <li>○ 50-100mg once or twice a day</li> </ul> </li> </ul> <p><b><u>Laxatives : as needed</u></b></p> <p>If taking &gt; 3 days : please contact the clinic</p> <p><b>Stool stimulant/osmotic laxative (<i>makes you go</i>)</b></p> <ul style="list-style-type: none"> <li>• Dulcolax (bisacodyl)                             <ul style="list-style-type: none"> <li>○ 5-15mg at nighttime as needed</li> </ul> </li> <li>• Miralax (polyethylene glycol)                             <ul style="list-style-type: none"> <li>○ Dose: Mix 1 cap full into 8oz of fluid up to up to twice a day</li> </ul> </li> </ul>
<b>Cough/sore throat</b>	-Avoid alcohol-containing products and check inactive ingredients on label before buying -Avoid combination cold medications unless all active ingredients are safe in pregnancy -Suck on ice chips, gargle warm salt water -Humidify room, warm showers -Increase fluid intake (hot drinks, soups, broths, and water)	<p><b><u>To produce a cough</u></b></p> <ul style="list-style-type: none"> <li>• Mucinex (guaifenesin) – loosens mucus                             <ul style="list-style-type: none"> <li>○ 200-400mg every 4 hours as needed (max 2,400mg per day)</li> </ul> </li> </ul> <p><b><u>To suppress a cough</u></b></p> <ul style="list-style-type: none"> <li>• Delsym or Robitussin DM (dextromethorphan)                             <ul style="list-style-type: none"> <li>○ Use immediate-release</li> <li>○ Dose : 10-20mg every 4 hours as needed (max 120mg/day)</li> </ul> </li> </ul>
<b>Diarrhea</b>	-Drink clear fluids to stay hydrated (broth, water, coconut water) -Avoid milk and dairy products -Eat bland foods -If symptoms are severe or lasting longer than 24 hours, please call the clinic	<ul style="list-style-type: none"> <li>• Imodium A-D (loperamide)                             <ul style="list-style-type: none"> <li>○ Follow package for dosing</li> <li>○ Do not use for more than 24 hours, if diarrhea persists, please call clinic</li> </ul> </li> </ul>
<b>Fever</b> (oral temperature of 100.4 <sup>0</sup> F or higher)	-It is important to reduce a fever in pregnancy -If unable to reduce fever, please reach out to the clinic	<ul style="list-style-type: none"> <li>• Tylenol (acetaminophen)                             <ul style="list-style-type: none"> <li>○ 325-650mg every 4-6 hours as needed, not to exceed 3,000mg in 24 hours or 1000mg per dose</li> </ul> </li> </ul>
<b>Gas/bloating</b>	-Avoid fried foods -Moderate exercise every day, such as walking -Monitor diet for triggering foods	<ul style="list-style-type: none"> <li>• Gas-X (simethicone)                             <ul style="list-style-type: none"> <li>○ 40-125mg every 4-6 hours as needed, not to exceed 500mg/day</li> </ul> </li> <li>• Mylanta (magnesium/aluminum hydroxide)                             <ul style="list-style-type: none"> <li>○ 10-20ml as needed every 6 hours, not to exceed 60ml per day</li> </ul> </li> </ul>

<b>Headache</b>	<ul style="list-style-type: none"> <li>-Rest, massage (neck and shoulders)</li> <li>-Increase hydration</li> <li>-Hot or cold packs to affected areas</li> <li>-1-2 cups of black tea OR 1 - 8oz. can of soda with caffeine</li> <li>-Avoid NSAIDs (ibuprofen, naproxen &amp; aspirin)</li> <li>-If no relief, please call the clinic</li> </ul>	<ul style="list-style-type: none"> <li>• Tylenol (acetaminophen) <ul style="list-style-type: none"> <li>○ 325-650mg every 4-6 hours as needed, not to exceed 3,000mg in 24 hours or 1000mg per dose</li> </ul> </li> </ul>
<b>Heartburn</b>	<ul style="list-style-type: none"> <li>-Limit fried foods, caffeine, high acid foods</li> <li>-Eat small, frequent meals throughout the day</li> <li>-Avoid lying down within 3 hours of eating</li> <li>-Avoid tight-fitting clothes</li> <li>-Raise head of the bed by 6 to 8 inches</li> <li>-Sleep on your left side</li> <li>-Avoid Pepto-Bismol</li> </ul>	<ul style="list-style-type: none"> <li>• Tums (calcium carbonate) <ul style="list-style-type: none"> <li>○ 500mg take 1 to 4 tablets as needed, not to exceed 6 tablets a day</li> <li>○ Take separately from iron supplements</li> </ul> </li> <li>• Mylanta (magnesium/aluminum hydroxide) <ul style="list-style-type: none"> <li>○ 10-20ml as needed every 6 hours, not to exceed 60ml per day</li> </ul> </li> <li>• Pepcid (famotidine) <ul style="list-style-type: none"> <li>○ 10-20mg once or twice a day, not to exceed 40mg daily</li> </ul> </li> </ul>
<b>Hemorrhoids</b>	<ul style="list-style-type: none"> <li>-Daily sitz baths with just warm water or add epsom salt (unscented)</li> <li>-Keep stools soft</li> <li>-Avoid straining during bowel movements</li> <li>-Eat foods high in fiber (chia seeds, prunes, beans)</li> <li>-See constipation on reverse</li> </ul>	<ul style="list-style-type: none"> <li>• Preparation H (phenylephrine, pramoxine, witch hazel) <ul style="list-style-type: none"> <li>○ Follow package instructions</li> </ul> </li> <li>• Tucks pads (witch hazel) <ul style="list-style-type: none"> <li>○ Follow package instructions</li> </ul> </li> <li>• Anusol-HC (hydrocortisone) <ul style="list-style-type: none"> <li>○ Follow package instructions</li> </ul> </li> </ul>
<b>Nausea &amp; Vomiting</b>	<ul style="list-style-type: none"> <li>-Sea-bands</li> <li>-Small, frequent meals</li> <li>-Plain crackers before getting out of bed</li> <li>-Ginger (tea, lollipops, ale)</li> <li>-Acupuncture</li> <li>-Change timing of prenatal vitamins</li> <li>-Peppermint tea</li> <li>-If symptoms severe, please call clinic</li> </ul>	<ul style="list-style-type: none"> <li>• Vitamin B6 (pyridoxine) <ul style="list-style-type: none"> <li>○ 50mg two to three times per day</li> </ul> </li> <li>• Unisom (doxylamine succinate) <ul style="list-style-type: none"> <li>○ 12.5mg two to three times per day</li> </ul> </li> <li>• Vitamin B6 (50mg) + Unisom (12.5mg) <ul style="list-style-type: none"> <li>○ Two to three times per day</li> </ul> </li> <li>• Ginger <ul style="list-style-type: none"> <li>○ Dose: 250mg four times per day</li> </ul> </li> </ul>
<b>Leg Cramps</b>	<ul style="list-style-type: none"> <li>-Leg exercises, rest with legs elevated</li> <li>-Epsom salt baths and soaks</li> </ul>	<ul style="list-style-type: none"> <li>• Magnesium oxide (CALM) <ul style="list-style-type: none"> <li>○ 400mg daily</li> </ul> </li> </ul>
<b>Pain – low back</b>	<ul style="list-style-type: none"> <li>-Apply warm or cold compression</li> <li>-Stretching, gentle movements</li> <li>-Pelvic floor physical therapy</li> <li>-Pregnancy support belt</li> <li>-If severe, please call clinic/seek care</li> </ul>	<ul style="list-style-type: none"> <li>• Tylenol (acetaminophen) <ul style="list-style-type: none"> <li>○ 325-650mg every 4-6 hours as needed, not to exceed 3,000mg in 24 hours or 1000mg per dose</li> </ul> </li> </ul>
<b>Sleep difficulties</b>	<ul style="list-style-type: none"> <li>-Adequate sleep hygiene</li> <li>-Epsom salt soak/bath</li> <li>-Chamomile tea</li> </ul>	<ul style="list-style-type: none"> <li>• Magnesium glycinate <ul style="list-style-type: none"> <li>○ 200mg every night</li> </ul> </li> <li>• Unisom (doxylamine succinate) <ul style="list-style-type: none"> <li>○ 12.5mg as needed at night</li> </ul> </li> </ul>
<b>Skin : irritation, dry, itchy, or rash</b>	<ul style="list-style-type: none"> <li>-Moisturizing cream and lotions, oatmeal bath <ul style="list-style-type: none"> <li>&gt;Aveeno, CeraVe, Aquaphor, cocoa butter, Eucerin, aloe</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Benadryl (diphenhydramine) cream <ul style="list-style-type: none"> <li>○ Apply a thin layer to affected area up to three times per day</li> </ul> </li> <li>• Anti-itch ointment (Hydrocortisone 1% cream or ointment) <ul style="list-style-type: none"> <li>○ Apply a thin layer to affected area 3-4 times per day, for the shortest amount of time needed</li> </ul> </li> </ul>
<b>Swollen feet/ankles</b>	<ul style="list-style-type: none"> <li>-Rest with legs elevated</li> <li>-Drink at least 80 ounces of fluids a day</li> <li>-Avoid standing or sitting for longer periods</li> </ul>	<ul style="list-style-type: none"> <li>• Compression stockings/socks</li> </ul>
<b>Vaginal Yeast Infection</b>	<ul style="list-style-type: none"> <li>-Adequate vulva/vaginal health</li> <li>-Loose &amp; breathable (cotton) underwear</li> <li>-Adequate hygiene after intercourse</li> </ul>	<ul style="list-style-type: none"> <li>• Monistat 7 (miconazole) <ul style="list-style-type: none"> <li>○ Dose: 1 applicator full for 7 nights</li> </ul> </li> <li>• Clotrimazole 7 <ul style="list-style-type: none"> <li>○ Dose: 1 applicator full for 7 nights</li> </ul> </li> </ul>



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