

SAFE OVER THE COUNTER MEDICATIONS & PRODUCTS DURING PREGNANCY

If you have questions about medications, always ask your provider. No amount of alcohol, smoking, drug, vaping, or marijuana 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)

BACK PAIN

Heating pad, rice sock, stretching, yoga, support belts & physical therapy

COLD, FLU AND SINUS CONGESTION

Acetaminophen (Tylenol)
Cough drops - mentholated/non-mentholated (diabetics: *avoid aspartame*)
Diphenhydramine (Benadryl)*
Dextromethorphan (Robitussin)*
Gargle warm salt water
Guaifenesin (Mucinex, plain)*
Hot tea with honey (to soothe sore throat or coughs)
Humidifier and head of bed elevated!
Pseudoephedrine (Sudafed; *do not take in 1st trimester*)
Saline nasal drops
Saline sinus rinse (NeilMed or similar)
Vicks Vapor Rub mentholated cream or shower steamers
*Avoid "multi-symptom" medications when possible; 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)
*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/MIGRAINES

Acetaminophen (Tylenol)
Ice packs
Magnesium oxide (*most effective if used daily, at bedtime, for headache prevention*)

HEARTBURN

Aluminum hydroxide/magnesium carbonate (Gaviscon)
Famotidine (Pepcid AC)
Aluminum hydroxide/magnesium hydroxide (Maalox)
Calcium carbonate/magnesium carbonate (Mylanta)
Calcium carbonate (Tums) - *no more than 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
Squatty potty, stool or stack of large books to place feet on while pooping

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)
Heating pad or rice sock (*helpful for back pain and round ligament pain*)

SKIN RASH

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

SLEEP

Doxylamine succinate (Unisom SleepTabs)
Magnesium oxide
Sound machine

SWELLING

Compression stockings, epsom salts, warm/hot bath, elevate feet >30 minutes

YEAST INFECTION

Miconazole (Monistat) - for skin or vaginal infections

OTHER RESOURCES

- 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.
- Learn more at these sites or call hotline numbers for questions: [MotherToBaby](#) (English/Spanish) or **1-866-626-6847** | [Treating for Two](#) (English/Spanish) | [infantrisk.com](#) or **1-806-352-2519** | [March of Dimes](#)
- Recommended apps: [MommyMeds](#) (for pregnant and nursing women) | [HerbList](#): for herb safety information before/during pregnancy.
- For breastfeeding women, look up a medication's safety on [LactMed](#).
- 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

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