

# Over the Counter Drugs During Pregnancy

## Pain:

Extra Strength Tylenol (acetaminophen)

DO NOT USE: Aspirin (unless prescribed), Motrin, Advil, Aleve

For muscle pain: Moist heat is ok (ie Heating pad)

## Antihistamines:

Benadryl, Zyrtec, Claritin

## Decongestants:

Sudafed (pseudoephedrine), Robitussin CF, saline nasal spray

## Hemorrhoids:

Preparation H

## Diarrhea:

Immodium (1 dose-notify office if persists)

BRAT diet (banana, rice, applesauce, toast)

## Nausea:

Small frequent meals, Ginger ale

## Heartburn, Indigestion, Gas:

Tums, Rolaids, Gas-X

DO NOT USE: Pepto-Bismol

## Coughs/Colds:

Robitussin

## Constipation:

Colace, Milk of Magnesia, Metamucil, increase water intake

## Toothache:

Orajel

\*Call office if you have a fever that reaches 100.4 degrees

