

OVER THE COUNTER MEDICATIONS APPROVED FOR PREGNANCY

The following is a list of over-the-counter medications that your providers have approved for use during pregnancy. If you have diabetes or hypertension, some choices may not be appropriate. (See notes below)

COMMON COLDS

Increase oral fluids/cold mist humidifier
(Follow dosage instructions on container)

- *4 way nasal spray*
- *Saline Spray*
- Robitussin (**sugar free for diabetes**)
- *AYR nasal spray*
- Actifed
- *Chlor-trimeton*
- *Corcidin*
- Delsym
- Dimacol Capsules
- Formula 44 Cough Control discs
- Formula 44D decongestant cough syrup
- **Mucinex DM**
- Robitussin Dm
- Sinex decongestant nasal spray
- Sudafed
- **Tussin-diabetic formula**
- **Sugar free throat lozenges**
- **Triaminic-diabetic cough formula**
- Triminicol decongestant cough syrup
- Tylenol cold formula or sinus formula
- *Vicks cough silencers cough drops*
- *Vicks cough syrup, form 44E*

NAUSEA & VOMITING

- **Ginger** capsules 340 mg, 3 times per day orally
- **Vitamin B6** 25 mg tab, 3 times a day orally
- **Unisom** 25 mg tab. Can be cut in half and taken ½ tab 3 times a day orally
- **Unisom** 25 mg orally at night
- **ReliefBand @ wrist band**

CONSTIPATION

Increase oral fluids & fiber intake (bran, green leafy vegetables, apples) Follow dosage instructions on container.

- **Colace**
- Metamucil
- **Metamucil sugar free**
- **Milk of Magnesia**
- **Psyllium husk capsules**

FLATULENCE

(Follow dosage instructions on container)

- **Mylicon**

PAIN

(Do not take more than 4000mg in one day)

- **Tylenol**

HEARTBURN

(Follow dosage instructions on container unless directions are listed next to medication)

- Amphojel suspension & tablets
- Gelusil
- Maalox, Maalox plus
- **Milk of Magnesia**
- Mylanta liquid & tablets
- Tums – up to 6 per day
- **Tums sugar free**
- **Zantac**

ITCHING (All Ok for DM)

- Benadryl
- Topical Caladryl lotion
- Aveeno bath salts

TOPICAL YEAST (All Ok for DM)

SKIN

- Monistat cream
- Mycostatin powder
- Nystatin powder

VAGINAL

- Monistat 5 day formula
- Gyne-Lotrimin

HEMMORRHOIDS (All Ok for DM)

- Anusol HC
- Anusol Suppositories & ointment
- Tucks pads

**If you have diabetes (DM) choose medications without sugar-bolded options.
If you have high blood pressure, choose options for common colds in *italics*.**

METRO PARTNERS IN WOMEN'S HEALTH

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