

Desert Mountain OB GYN
14220 Northsight Blvd #150
Scottsdale, Arizona 85260

Safe Over the Counter (OTC) Medications in Pregnancy

<u>Condition:</u>	<u>Medication:</u>
Heartburn, upset stomach, gastroesophageal reflux disease (GERD)	Antacids: Maalox [®] , Mylanta [®] , Rolaids [®] , Tums [®] Zantac [®] 150 mg (Ranitidine)
Gas, bloating	Simethicone: Mylicon [®] , Gas-X [®] , Maalox Anti-Gas [®] , Mylanta Gas [®]
Constipation	Stool softeners: Metamucil [®] , Citrucel [®] Laxatives: Milk of Magnesia, Colace[®], Miralax[®] these medications are for occasional use only!
Hemorrhoids	Preparation-H [®] , Anusol HC [®] , Tucks [®]
Diarrhea	Loperamide: Imodium A-D [®] , Maalox Anti-Diarrheal [®] , Pepto Diarrhea Control [®]
Nausea	Ginger, Vitamin B6 50 mg
Cold and cough symptom: cough, sore throat, nasal congestion, sneezing, runny nose	Robitussin [®] , Robitussin DM [®] , Vicks 44E [®] Cough drops Vicks VapoRub [®] Nyquil: short term use only Avoid cold remedies that contain alcohol. Also avoid decongestants pseudoephedrine and phenylephrine, which can affect blood flow to the placenta.
Fever, headache, and pain relief	Tylenol [®]
Allergy relief	Claritin [®] , Zytrec [®] , Benadryl [®] , Alavert [®]
Insomnia	Doxylamine: Unisom Sleep Tabs [®]
Yeast Infections	Monistat [®] 3 or 7 day treatment

For Nausea: Vitamin B-6 50mg tablets 2x per day. If symptoms don't improve then you may try Ginger 250mg 4x per day, Ginger Candy or Chews.

If symptoms persist then please call our office (480)585-0804