

**OVER THE COUNTER MEDICATIONS
DURING PREGNANCY**

The following is a list of over-the-counter medications that you may take during your pregnancy to treat some commonly encountered symptoms. As with all medications used in pregnancy, safety cannot always be proven. You should, in general, limit the use of medications to the treatment of severe symptoms. Please inform your doctor of any prescription medications that you are taking.

Heartburn	Tums, Roloids, Mylanta, Maalox
Headache	Acetaminophen (Tylenol)
Constipation	Fiber Supplements (Metamucil) Stool Softeners (Colace - Docusate Sodium)
Hemorrhoids	Preparation H, Anusol
Nausea	Vitamin B6 Unisom (Doxylamine Succinate)
Fever	Acetaminophen (Tylenol)
Cough	Robitussin DM
Nasal Congestion	Benadryl, Sudafed
Sore Throat	Any Lozenges, including zinc Chloraseptic spray
Diarrhea	Imodium AD
Yeast Infection	Vaginal Creams such as Monostat or Gyne-Lotrimin
Flu & Cold	Preparations such as "Tylenol Cold" or "Tylenol PM" contain combinations of medicines to treat a group of symptoms: Benadryl (Diphenhydramine), Chlorpheniramine and Dexamethorphan, for example. Using these products individually for specific symptoms may be preferable in order to limit the number of medications you take.