



## OVER THE COUNTER REMEDIES

The following non-prescription medications are considered to be safe for use during pregnancy. Whenever possible it is best to avoid any medications during the first three months of pregnancy.

### COLDS

Sudafed - decongestant  
Benadryl - decongestant  
Tylenol - aches and fever  
Tylenol Sinus - aches and fever  
ALL Robitussin - coughs (Except *ROBITUSSIN CF*)  
Cough drops  
Plain Zyrtec or Claritin

### INDIGESTION

Maalox, Mylanta, Riopan  
Rolaids and Tums  
Zantac, Pepcid, Prevacid and Prilosec

### NAUSEA

Emetrol  
Coca Cola Syrup

### CONSTIPATION

Colace  
Metamucil  
Senokot  
Prune Juice

### DIARRHEA

Donnagel  
Imodium  
Kaopectate

### HEMORRHOIDS

Preparation H  
Anusol HC  
Tucks

These items are only considered to be safe when taken in recommended dosages.

OTC: 4/08/fab