



Over the Counter Remedies

The following non-prescription medications are considered 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
ALL Robitussin – coughs
Cough drops
Plain Zyrtec or Claritin

Indigestion

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

Nausea

Emetrol
Coca Cola Syrup

Constipation

Colace
Metamucil
Senokot
Prune Juice
Miralax

Diarrhea

Donnagel
Imodium
Kaopectate

Hemorrhoids

Preparation H
Anusol HC
Tucks