

# SAFE OVER THE COUNTER MEDICATION DURING PREGNANCY

## ACNE

- Benzoyl peroxide
  - Salicylic acid
- Do not use retinols, including Retin-A**

## DIARRHEA

- Loperamide (*Imodium, Maalox*)
- Kaolin and pectin (*Kaopectate*)

## HEARTBURN

- AceAluminum hydroxide/ magnesium hydroxide (*Maalox*)
- Calcium carbonate/ magnesium carbonate (*Mylanta*)
- Calcium carbonate (*Tums, Rolaids*)
- Famotidine (*Pepcid A*)
- Omeprazole (*Prilosec OTC*)
- taminophen (*Tylenol*)

## ALLERGIES

- Cetirizine (*Zyrtec*)
- Chlorpheniramine (*Chlor-Trimeton*)
- Diphenhydramine (*Benadryl*)
- Fexofenadine (*Allegra*)
- Loratadine (*Claritin*)

## FEVER BLISTERS

- Abreva

## FIRST AID

- Bacitracin
- Neosporin

## HEMORRHOIDS

- Phenylephrine/mineral oil/petrolatum (*Preparation H*)
- Witch hazel (*Tucks pads or ointment*)

## SORE THROAT

- Benzocaine-Menthol (*Cepacol*)
- Phenol (*Cepastat*)
- Warm salt/water gargle

## CONSTIPATION

- Methylcellulose fiber (*Citrucel*)
- Docusate (*Colace*)
- Milk of magnesia
- Psyllium (*Fiberall, Metamucil*)
- Polycarbophil (*FiberCon*)
- Polyethylene glycol (*MiraLAX*)

## GAS PAIN

- Simethicone (*Gas-X, Mylanta Gas, Mylicon*)

## HEADACHE

- Acetaminophen (*Tylenol*)

## INSECT REPELLANT

- N,N-diethyl-metoluamide (*DEET*)

## VOMITING & NAUSEA

- Acupressure (*sea bands*)
- Diphenhydramine (*Benadryl*)
- Dimenhydrinate (*Dramamine*)
- Doxylamine (*Unisom*)
- Emetrol
- Ginger
- Vitamin B6 (*Pyridoxine*)

## COLD, COUGH, FLU

- Acetaminophen (*Tylenol*)
- Diphenhydramine (*Benadryl*)
- Dextromethorphan (*Delsym*)
- Fluticasone (*Flonase*)
- Guaifenesin (*Mucinex, Robitussin*)
- Pseudoephedrine (*Sudafed 12 hour*), after 1st trimester\*
- Saline nasal drops or spray
- Triaminic
- Vicks Vapor Rub mentholated cream
- Ziacam

**Do not use Nyquil due to its high alcohol content.**

## INSOMNIA

- Diphenhydramine (*Benadryl, Nytol*)
- Doxylamine (*Unisom*)

## RASHES

- Diphenhydramine cream (*Benadryl*)
- Hydrocortisone cream or ointment
- Oatmeal bath (*Aveeno*)
- Polysporin

## YEAST INFECTION

- Clotrimazole (*Gyne-Lotrimin 3, Lotrimin AF*)
- Miconazole (*Monistat 7*)
- Tioconazole (*Monistat 1, Vagistat 1*)