

Commonly Used Over-The-Counter Medications for Pregnant/Nursing Patients

****Dosage not to exceed package recommendations****

Cold, Cough, Sinus/Allergy

Sudafed
Robitussin/Robitussin DM
Tylenol Cough & Sinus
Tavist-1 & Tavist-D
Benadryl
Medi-Flu
Comtrex
Dimetapp (and Extended tabs)
Sinutab
Zyrtec
Claritin

Constipation

Dialose
Metamucil
Correctol-Extra Gentle
Milk of Magnesia
Colace (Stool Softener)
FiberCon
Senekot

Hemorrhoids

Anusol H-C1
Anusol Suppositories
Tucks
Preparation H Suppositories

Pain Relief

Tylenol (Regular & Extra Strength)
Bengay & Icy Hot topically

Sore Throat

Sucrets
Cepastat
Cepcaol

Warm Salt Water Gargles

Insomnia

Warm Milk at Bedtime
Benadryl 25-50mg used 1-2 times per week
Tylenol PM (again, only use 1-2 times per week)
Unisom

Antacids (heartburn & Indigestion)

Prevacid
Riopan
Tums
Rolaids
Mylanta
Maalox (Heartburn Relief)
Di-Gel
Gaviscon
Pepcid AC
Zantac 75

Diarrhea

Kopectate
Imodium AD

Yeast Infections-After 1st trimester

Monistat-7
Gyne-Lotrimin

Rashes

Hydrocortisone Cream
Aveeno Oatmeal Bath
Domeboro Powder Pac

Morning Sickness

Emetrol
Vitamin b6 100mg daily
BRAT Diet (Bananas, Rice,
Applesauce, Toast)

Breast Soreness

Masse Cream
Vitamin E