

# OVER THE COUNTER MEDICATIONS FOR USE IN PREGNANCY

Use as directed on package, unless otherwise stated below.

Brand and generic names are listed. Check with a pharmacist if you are unsure.

<b>Allergies</b>	<b>Alavert</b> (loratadine) <b>Benadryl</b> (diphenhydramine)* <b>Claritin</b> (loratadine) <b>Chlor-Trimeton</b> (chlorpheniramine)* <b>Zyrtec</b> (cetirizine)* *May cause drowsiness. Read the label.	<b>Heartburn</b>	Prevention: Eat smaller, more frequent meals Avoid greasy, fried, fatty foods Remain upright for 30 minutes after eating <b>Pepcid AC, Pepcid Complete</b> (famotidine 10mg) <b>Prevacid</b> (lansoprazole 15mg) <b>Tums</b> <b>Zantac</b> (ranitidine 150mg)
<b>Calcium supplements</b>	600-1200mg daily <b>Caltrate</b> plus Vitamin D <b>Citracal</b> <b>OsCal</b> <b>Tums</b>	<b>Hemorrhoids</b>	Avoid constipation Sitz baths <b>Anusol</b> cream, ointment or suppositories <b>Preparation H</b> <b>Tucks</b> medicated pads
<b>Constipation</b>	Prevention: Increase fluid, vegetable, fruit intake Exercise daily <b>Metamucil</b> or <b>Fibercon</b> or <b>Citrucel</b> - Take with at least 16 oz (2 cups) of water <b>Colace</b> (docusate sodium) - Take 100mg 1-2 times daily	<b>Morning Sickness</b> <b>Nausea</b>	Ginger or peppermint tea or candies Vitamin B6 (pyridoxine) 25mg tablets 3 times daily <b>Unisom</b> (doxylamine only) ½ tablet at bedtime in addition to Vitamin B6 <b>Emetrol</b> <i>If unable to keep fluids down for 24 hours, call WHS</i>
<b>Cough</b>	Cough drops <b>Robitussin DM</b> (dextromethorphan) <b>Mucinex</b> (guaifenesin)	<b>Sinus Congestion</b>	Steam- take a warm shower Saline nasal spray <b>Sudafed PE</b> (phenylephrine 5-10mg) - <u>Do not</u> take if you have high blood pressure
<b>Diarrhea</b>	Clear liquids for 24 hours If improved, follow with BRAT diet (Bananas, Rice, Applesauce, Toast) After 24 hours, <b>Imodium AD</b> (loperamide HCl) - <i>If no relief after 2 doses, call WHS for appt</i>	<b>Sore throat</b>	Gargle with salt water: ½ tsp. salt in 1 cup of warm water – do not swallow Throat lozenges – <b>Cepacol</b> or <b>Hall's Choraseptic spray</b>
<b>Fever</b>	<b>Tylenol</b> (acetaminophen) <b>325mg</b> - take 1 tablet every 3 hours or 2 tablets every 6 hours <b>500mg</b> – take 1 tablet every 4 hours <u>Do not</u> take more than 3000mg per day <i>If temperature is more than 100 degrees 2 hours after taking Tylenol, call WHS for appt</i>	<b>Vomiting</b>	Sips of clear liquids as tolerated – increase gradually If improved, follow with BRAT diet (Bananas, Rice, Applesauce, Toast) <i>If unable to keep fluids down for 24 hours, call WHS</i>
<b>Headache/Pain</b>	<b>Tylenol</b> (acetaminophen) <b>325mg</b> - take 1 tablet every 3 hours or 2 tablets every 6 hours <b>500mg</b> – take 1 tablet every 4 hours <u>Do not</u> take more than 3000mg per day	<b>Yeast infection</b> (white, cottage cheese-like vaginal discharge)	Prevention: Minimize intake of sugars (sweets, sodas) Eat yogurt with live, active cultures <b>Monistat-7</b> (miconazole) <b>Gyne-Lotrimin 7</b> (clotrimazole)