

## Recommended Over the Counter Medications in Pregnancy

<b>Allergy Medications</b>	Benadryl Claritin Loratadine Sudafed PE – <b>Do not use before 14 weeks</b> Tylenol Allergy Multi Symptoms – <b>Do not use before 14 weeks</b> Zyrtec
<b>Allergy Eye Drops</b>	Medicated allergy eye drops are not recommended during pregnancy – may use Saline only
<b>Nasal Spray</b>	Medicated nose sprays not recommended during pregnancy – may use Saline only
<b>Cold &amp; Flu</b>	Theraflu Flu & Sore Throat – <b>Do not use before 14 weeks</b>
<b>Cough &amp; Cold</b>	Robitussin DM
<b>Cough &amp; Cold: Cold Rubs</b>	Halls Menthol Cough Suppressant / Oral Anesthetic Vicks VapoRub Cough Suppressant / Topical Analgesic
<b>Cough &amp; Cold: Cough Drops</b>	Halls Menthol-Cough Suppressant / Oral Anesthetic Plus Medicine Center Ricola Cough Suppressant Throat Drops Vicks Menthol Cough Suppressant / Oral Anesthetic Drops
<b>Cough &amp; Cold: Sore Throat Relief</b>	Cepacol Dual Relief Sore Throat Spray Cepacol Sugar Free Extra Strength Sore Throat Lozenges with Pain Numbing Relief Cepacol Maximum Strength Sore Throat Lozenges
<b>First Aid: Anti-Itch Creams</b>	Aveeno Active Naturals Anti-Itch Concentrated Lotion Aveeno Calamine & Pramoxine HCl Anti-Itch Cream with Natural Colloidal Oatmeal Steroid Free Benadryl Original or Extra Strength Itch Stopping Cream or Gel Calamine Lotion Cortaid Anti-Itch Cream, Maximum Strength 1% Hydrocortisone Cortizone-10 Maximum Strength Anti-Itch Cream Eucerin Calming Itch Relief Treatment Gold Bond Medicated Body Lotion Extra Strength or Anti-Itch Cream Lanacane Maximum Strength Anti-Itch Cream Sarna Anti-Itch Lotion
<b>Lice Treatment</b>	NIX
<b>Pain Relief *</b>	<b>* Long-term chronic use is not advised</b> Tylenol Regular or Extra Strength Tylenol Extra Strength PM Pain Reliever / Sleep Aid Tylenol PM Extra Strength Pain Reliever / Nighttime Sleep Aid
<b>Hemorrhoid Care</b>	Anusol Preparation H <ul style="list-style-type: none"> <li>• Medicated Wipes with Aloe</li> <li>• Hemorrhoidal Cream with Maximum Strength Pain Relief</li> <li>• Hemorrhoidal Ointment</li> <li>• Hemorrhoidal Suppositories</li> </ul> Tucks Witch Hazel Hemorrhoidal Medicated Pads

<b>Stomach Remedies: Antacids</b>	<p>Gaviscon</p> <ul style="list-style-type: none"> <li>• Antacid with Calcium, Chewable Tablets</li> <li>• Extra Strength Antacid, Chewable Tablets</li> <li>• Extra strength Liquid Antacid</li> </ul> <p>Maalox Maximum Strength Multi-Symptom Antacid / Anti-Gas, Chewable Tablets or Liquid</p> <p>Mylanta Antacid / Anti-Gas</p> <ul style="list-style-type: none"> <li>• Regular Strength</li> <li>• Maximum Strength</li> <li>• Ultimate Strength</li> </ul> <p>Pepcid AC Original Strength Acid Reducer 10 mg Tablets</p> <p>Rolaids</p> <ul style="list-style-type: none"> <li>• Extra Strength</li> <li>• Multi-Symptom Antacid &amp; Anti-Gas</li> <li>• Plus Extra Strength Antacid &amp; Anti-Gas</li> </ul> <p>Tagamet 200 mg</p> <p>Tums</p> <ul style="list-style-type: none"> <li>• Regular Strength</li> <li>• E-X 750 Extra Strength</li> <li>• Ultra 1000 Maximum Strength</li> </ul> <p>Zantac 75 mg</p>
<b>Stomach Remedies: Anti-Diarrheal *</b>	<p><i>* Call before taking to assess medical condition</i></p> <p>Imodium A-D Anti-Diarrheal</p> <p>Imodium A-D Advanced Anti-Diarrheal / Anti-Gas, Caplets</p> <p>Maalox Anti-Diarrheal Caplets</p>
<b>Stomach Remedies: Fiber Supplements</b>	<p>Citrucel Methylcellulose Fiber Therapy for Regularity</p> <p>Fiber Choice Fiber Supplement</p> <p>Metamucil Fiber Laxative</p>
<b>Stomach Remedies: Gas Relief</b>	<p>Gas-X Extra Strength Anti-Gas</p> <p>Gas-X Extra Strength Anti-Gas Plus Antacid with Maalox</p> <p>Mylanta Regular or Maximum Strength Gas Simethicone / Anti-Gas Phazyme</p> <p>Ultra Strength Gas Relief</p> <p>Rolaids Multi-Symptom Antacid &amp; Anti-Gas</p>
<b>Stomach Remedies: Nausea / Vomiting *</b>	<p><i>* Contact us if you are unable to keep any food or liquids down for 24 hours.</i></p> <p>Emetrol Nausea Relief</p> <p>Vitamin B6, 100 mg</p> <p>Sea-Band Wristbands</p>
<b>Stomach Remedies: Stool Softeners</b>	<p>Colace Stool Softener 50 mg</p> <p>Colace Stool Softener 100 mg</p>
<b>Vaginal Yeast Infection</b>	<p>Monistat 7 Cream</p> <p>Monistat 7 Suppositories (insert only ½ way!)</p>