## Recommended Over the Counter Medications in Pregnancy

<table>
<thead>
<tr>
<th>Medication Type</th>
<th>Recommended Medications</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Allergy Medications</strong></td>
<td>Benadryl, Claritin, Loratadine, Sudafed PE - Do not use before 14 weeks, TYLENOL Allergy Multi Symptoms - Do not use before 14 weeks, Zyrtec</td>
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<tr>
<td><strong>Allergy Eye Drops</strong></td>
<td>Medicated allergy eye drops are not recommended during pregnancy - may use Saline only</td>
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<tr>
<td><strong>Nasal Spray</strong></td>
<td>Medicated nose sprays not recommended during pregnancy - may use Saline only</td>
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<tr>
<td><strong>Cold &amp; Flu</strong></td>
<td>Theraflu Flu &amp; Sore Throat - Do not use before 14 weeks</td>
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<tr>
<td><strong>Cough &amp; Cold</strong></td>
<td>Robitussin DM</td>
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<tr>
<td><strong>Cough &amp; Cold: Cold Rubs</strong></td>
<td>Halls Menthol Cough Suppressant / Oral Anesthetic, Vicks VapoRub Cough Suppressant / Topical Analgesic</td>
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<tr>
<td><strong>Cough &amp; Cold: Cough Drops</strong></td>
<td>Halls Menthol-Cough Suppresant / Oral Anesthetic Plus Medicine Center, Ricola Cough Suppressant / Oral Anesthetic Drops</td>
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<tr>
<td><strong>Cough &amp; Cold: Sore Throat Relief</strong></td>
<td>Cepacol Dual Relief Sore Throat Spray, Cepacol Sugar Free Extra Strength Sore Throat Lozenges with Pain Numbing Relief, Cepacol Maximum Strength Sore Throat Lozenges</td>
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<tr>
<td><strong>First Aid: Anti-Itch Creams</strong></td>
<td>Aveeno Active Naturals Anti-Itch Concentrated Lotion, Aveeno Calamine &amp; 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</td>
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<tr>
<td><strong>Lice Treatment</strong></td>
<td>NIX</td>
</tr>
<tr>
<td><strong>Pain Relief</strong></td>
<td><em>Long-term chronic use is not advised</em> TYLENOL Regular or Extra Strength, TYLENOL Extra Strength PM Pain Reliever / Sleep Aid, TYLENOL PM Extra Strength Pain Reliever / Nighttime Sleep Aid</td>
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<tr>
<td><strong>Hemorrhoid Care</strong></td>
<td>Anusol Preparation H, Medicated Wipes with Aloe, Hemorrhoidal Cream with Maximum Strength Pain Relief, Hemorrhoidal Ointment, Hemorrhoidal Suppositories, Tucks Witch Hazel Hemorrhoidal Medicated Pads</td>
</tr>
</tbody>
</table>
| Stomach Remedies: Antacids | Gaviscon  
- Antacid with Calcium, Chewable Tablets  
- Extra Strength Antacid, Chewable Tablets  
- Extra strength Liquid Antacid  
Maalox Maximum Strength Multi-Symptom Antacid / Anti-Gas, Chewable Tablets or Liquid  
Mylanta Antacid / Anti-Gas  
- Regular Strength  
- Maximum Strength  
- Ultimate Strength  
Pepcid AC Original Strength Acid Reducer 10 mg Tablets  
Rolaids  
- Extra Strength  
- Multi-Symptom Antacid & Anti-Gas  
- Plus Extra Strength Antacid & Anti-Gas  
Tagamet 200 mg  
Tums  
- Regular Strength  
- E-X 750 Extra Strength  
- Ultra 1000 Maximum Strength  
Zantac 75 mg |
|--------------------------|----------------------------------|
| Stomach Remedies: Anti-Diarrheal * | * Call before taking to assess medical condition  
Imodium A-D Anti-Diarrheal  
Imodium A-D Advanced Anti-Diarrheal / Anti-Gas, Caplets  
Maalox Anti-Diarrheal Caplets |
| Stomach Remedies: Fiber Supplements | Citrucel Methylcellulose Fiber Therapy for Regularity  
Fiber Choice Fiber Supplement  
Metamucil Fiber Laxative |
| Stomach Remedies: Gas Relief | Gas-X Extra Strength Anti-Gas  
Gas-X Extra Strength Anti-Gas Plus Antacid with Maalox  
Mylanta Regular or Maximum Strength Gas Simethicone / Anti-Gas Phazyme  
Ultra Strength Gas Relief  
Rolaids Multi-Symptom Antacid & Anti-Gas |
| Stomach Remedies: Nausea / Vomiting * | * Contact us if you are unable to keep any food or liquids down for 24 hours.  
Emetrol Nausea Relief  
Vitamin B6, 100 mg  
Sea-Band Wristbands |
| Stomach Remedies: Stool Softeners | Colace Stool Softener 50 mg  
Colace Stool Softener 100 mg |
| Vaginal Yeast Infection | Monistat 7 Cream  
Monistat 7 Suppositories (insert only ½ way!) |