

Taking Over-the-Counter Medications in Pregnancy

Prenatal vitamins are safe and important to take when you are pregnant. Some over-the-counter (OTC) medications are generally considered to be safe to take during pregnancy, but others are not, or their effects on your baby may not be known. Most herbal preparations and supplements have not been proven to be safe during pregnancy.

Because no drug can be considered 100% safe to use during pregnancy, we recommend taking these OTC medications only when absolutely necessary and for the shortest duration of time possible.

Also, if you receive any new prescriptions while you are pregnant, make sure the healthcare professional who prescribes them knows that you are pregnant.

- **Acne:** Benzoyl peroxide.
- **Allergy:** Benadryl (diphenhydramine), Zyrtec (cetirizine), Claritin (loratadine).
- **Cold and flu:** Tylenol regular strength (acetaminophen), saline nasal drops or spray, warm saltwater gargle. Increase your fluids and rest. Report a fever over 101° F.
- **Constipation:** Colace (docusate), Metamucil, FiberCon, Citrucel, Milk of Magnesia. Increase fiber and fluids.
- **Cough:** Robitussin Cough / Vick's 44 Cough (dextromethorphan). Robitussin / Mucinex (guaifenesin).
- **Fever:** Tylenol regular strength (acetaminophen). Report a fever over 101° F.
- **Gas:** Mylicon / GasX (simethicone).
- **Headache:** Tylenol regular strength (acetaminophen). Report any headache not relieved by Tylenol.
- **Heartburn/Indigestion:** Antacids: (Do not use long-term or in high doses after 37 weeks). Maalox, Mylanta, Rolaids. Tums (calcium carbonate) (Limit total daily intake of calcium to 2500 mg). H2 Antagonists: Pepcide / Pepcid AC (famotidine), Pepcid Complete, Tagamet (cimetidine), Zantac (ranitidine).
- **Hemorrhoids:** Anusol cream or suppositories. Tucks Hemorrhoidal Ointment (pramoxine – topical). Tucks, Preparation H (witch hazel). Tucks Suppositories (starch).
- **Lice:** Nix (Permethrin), Natroba (Spinosad).
- **Mosquito Repellant:** Off/ Cutter (DEET)
- **Nausea:** Vitamin B6 (pyridoxine) (25-50 milligrams 3 times a day with meals). Doxylamine (will make you sleepy), Sea Bands.
- **Vaginal yeast infection:** Monistat (miconazole).