



Medications During Pregnancy

Approved over-the-counter medications

This is a brief list of dietary aids and over-the-counter medications that can be used during pregnancy. Please speak with your provider if you have a question about a medication not seen on this list.

Pain: (minor aches or pains, headache, fever) Tylenol

Cold Symptoms: Tylenol; Vitamin C

Allergies: Benadryl; Claritin; Zyrtec

Cough: Lozenges; Robitussin (plain)

Constipation: Drink more water and add fiber to your diet; Prunes; Colace; Docusate Sodium; Metamucil; Fibercon

Diarrhea: Drink lots of water; Bananas; rice; applesauce; toast; Kaopectate

Heartburn: TUMS; Mylanta/Maalox; Pepcid AC 10-20 mg every 12 hrs

Nausea and vomiting: In early pregnancy - Vitamin B6 25 mg 3 or 4 times a day; Unisom (doxylamine) tablet: one half tablet at bedtime; Ginger 250 mg four times a day; Acupressure wrist bands (e.g., Seaband)

Sore throat: Lozenges; Chloraseptic spray

Yeast infections: Monistat/Miconazole
