

Over The Counter Medications That Are Safe to Take During Pregnancy

Problem	Medication	Cautions
Pain, fever	Tylenol/acetaminophen 325-1000mg every 4-6 hrs as needed Ibuprofen can be used, but it is NOT recommended after 32 weeks	Tylenol: don't exceed >3000 mg/24 hrs
Nasal congestion	Sudafed/Pseudoephedrine	Don't take in 1 st Trimester or for more than 3 days
Cough	Robitussin DM Chlor-Trimeton	
Sleep aid	Benadryl/Diphenhydramine 25-50 mg once before bedtime Unisom tablet (not capsule)	
Allergies	Benadryl/Diphenhydramine 25-50 mg every 6 hrs as needed or once before bedtime	Use with caution during the day or during work
Constipation	Metamucil as directed Fibercon as directed Citrucel as directed Milk of Magnesium 30-60 ml daily or twice/day Colace 50-100 mg/day Bran Fiber as directed	
Heartburn	Tums Maalox Mylanta Pepcid 20-40 mg up to twice/day Prilosec as directed Zantac 75 mg/day	Tums: not more than 6-8/day. If using more than this, switch to Pepcid.
Gas, heartburn	Simethicone	
Diarrhea	Immodium Kaopectate	
Nausea	Vitamin B6 25 mg up to 4 times/day or 50 mg 3 times/day, may add: Unisom 25 mg (1/2 tab) at bed and in the morning if needed. Emetrol	
Yeast infection	Monistat - 7 Gyne-Lotrimin - 7 Terazol - 7	
Seasonal allergies	Claritin	

*ok to take store brand/generic equivalents of these medications

If your symptoms are not relieved by these medications, or if you have a fever >100.5F that is not relieved by acetaminophen, please contact Advanced OB-GYN or your primary care provider for evaluation.