

Recommended over the counter medications to use during pregnancy:

Allergy symptoms: Claritin, Benadryl, Zyrtec, Allegra, Xyzal (**All without decongestant**)

Congestion: Sudafed, Actifed, Chlor-trimeton (**Limited to 3 days**)

Cough: Robitussin DM, Triaminic, Vicks vapor rub

Sore Throat: Vicks Chloraseptic spray, cough drops

Fever: Tylenol

Headache: Tylenol, Tylenol extra strength

Nausea: Vitamin B6 50mg-100mg/day, ginger

Heartburn: Maalox, Mylanta, Rolaids, Tums, Pepcid

Gas: Mylanta Gas

Constipation: Metamucil, Colace, Milk of Magnesia, Dulcolax

Diarrhea: Kaopectate, Imodium (**okay after 1st trimester**)

Hemorrhoids: Preparation H, Anusol, Witch Hazel

Insomnia: Unisom, Tylenol PM

Yeast: Monistat, Gynelotrimin, Mycelex