



PATIENT INFORMATION OVER THE COUNTER MEDICATIONS IN PREGNANCY

The list below includes some common over the counter medications that can be used in pregnancy. Follow manufacturer's dosing on the package unless directed otherwise by your medical team.



For more information on specific medication, please refer to resources at <https://mothertobaby.org/>

Pain relievers/Fever

- Acetaminophen (Tylenol, not to exceed 4000 mg total daily dose)
- **AVOID NSAIDs such as ibuprofen (Advil, Motrin) and naproxen (Aleve) unless directed otherwise by your doctor**

For Headaches

- Acetaminophen (Tylenol, not to exceed 4000 mg total daily dose) combined with caffeine (not to exceed 200 mg daily dose)

Antihistamines/Allergies

- Diphenhydramine (Benadryl)
- Loratadine (Claritin)
- Cetirizine (Zyrtec)
- Fexofenadine (Allegra)

Cold symptoms relief **Sore Throat**

- Throat lozenges (Halls, Cepacol)
- Saltwater gargle
- Tylenol

Cough

- Dextromethorphan (Robitussin)

Decongestants

- Saline nasal spray
- Flonase (Fluticasone) nasal spray
- Nasacort (Triamcinolone) nasal spray
- Astepro (Azelastine) nasal spray
- **AVOID pseudoephedrine or phenylephrine (such as Sudafed) if you have high blood pressure**
- **AVOID prolonged use of Afrin nasal spray (use for <72 hrs) and if you have high blood pressure**

Antacids/Heartburn

- Calcium Carbonate (Tums)
- Famotidine (Pepcid)

Sleep Aids

- Acetaminophen and Benadryl (Tylenol PM)
- Diphenhydramine (Benadryl)
- Unisom (Doxylamine)

Hemorrhoids

- Hydrocortisone cream (Preparation H)
- Witch Hazel (Tucks)

Constipation

- Docusate (Colace)
- Bisacodyl (Dulcolax)
- Psyllium (Metamucil)
- Polyethylene Glycol (Miralax)

Bowel Regularity Recipe:

- Mix together:
 - 1 cup applesauce
 - 1 cup oat bran or unprocessed wheat bran
 - 1 cup of prune juice
- Begin with 1-2 tablespoons each evening mixed with or followed by 8 oz cup of water. If no change, increase serving to 3-4 tablespoons.

Nausea/Vomiting

- Vitamin B6 (25mg three times daily)
- Doxylamine (Unisom) - pair with Vitamin B6
- Ginger
- Seasickness wrist bands

Skin irritation/Rash

- Hydrocortisone cream 1%
- Sarna lotion

MEDICATIONS DURING BREASTFEEDING

For information on medication use during breastfeeding, please visit: <https://www.ncbi.nlm.nih.gov/books/NBK501922/>