

Advanced Women's Healthcare

OB OVER-THE-COUNTER (OTC) MEDICATION GUIDE

Our providers recommend these medications that may be safely taken during pregnancy. Please follow the manufacturer's dosing instructions unless otherwise specified on this list.

Complaint	OTC Medication/Guidelines	Precautions
Nausea	<ul style="list-style-type: none"> • Small meals and snacks every 2-3 hours • Ginger tea/pops/candies • Sea Bands • Pyridoxine (Vit B6) • Doxylamine (Unisom) • Diphenhydramine (Benadryl) • Dramamine 	<ul style="list-style-type: none"> • If persistent vomiting, decrease in weight, and/or urine output—contact the office
Mouth Sores	<ul style="list-style-type: none"> • Antiseptic mouth wash • Apple cider vinegar wash 	<ul style="list-style-type: none"> • IMPORTANT!! DO NOT USE ORAJEL. IT IS NOT SAFE DURING PREGNANCY.
- Heartburn - Indigestion	<ul style="list-style-type: none"> • Decrease/avoid caffeine • Avoid reclining for 2 hours after eating • Prilosec • Tums • Maalox • Sucralfate (1 gram- 2x/day) • Famotidine (Pepcid) -10 mg 2x/day 	<ul style="list-style-type: none"> • Call the office if you don't have relief
Constipation	<ul style="list-style-type: none"> • Increase water, dietary fiber & exercise • Prop feet up on a low stool when having a bowel movement • Flaxseed with yogurt or oatmeal • Magnesium tablets (400 mg at bedtime) • Psyllium (Metamucil) • Ducusate (Colace) • Polyethylene glycol (MiraLax) <ul style="list-style-type: none"> ○ MiraLax only-Can take up to 2x/day if severe constipation 	<ul style="list-style-type: none"> • Call the office if you have severe straining
Diarrhea	<ul style="list-style-type: none"> • Clear liquids for 24 hours and then BRAT diet (bananas, rice, applesauce, toast) • No dairy products 	<ul style="list-style-type: none"> • Call the office if symptoms last longer than 2 days, there is blood in your stool, or you have a fever.
Hemorrhoids	<ul style="list-style-type: none"> • Preparation H • Witch Hazel (Tucks Pads) 	<ul style="list-style-type: none"> • Call the office if bleeding or with severe pain
Yeast Infection	<ul style="list-style-type: none"> • Miconazole Nitrate (3-7 day Monistat) • Clotrimazole (Gyne-Lotrimin) 	<ul style="list-style-type: none"> • Call the office if symptoms don't resolve after treatment
- Mild Headaches - Aches/Pains - Fever	<ul style="list-style-type: none"> • Acetaminophen (Tylenol) <ul style="list-style-type: none"> • Regular Tylenol 325 mg • Extra Strength 500 mg 	<ul style="list-style-type: none"> • IMPORTANT!! DO NOT TAKE Advil or Aleve (no NSAIDs) • Call the office if severe or persistent headaches OR having a fever over 100.4 with Tylenol
Sleep Aid	<ul style="list-style-type: none"> • Benadryl at bedtime • Tylenol PM at bedtime • Unisom ½ tab at bedtime and Vit B6 3x/day 	

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- Nasal congestion - Allergies - Cold symptoms	<ul style="list-style-type: none"> • Phenylephrine (Sudafed PE) • Pseudoephedrine (Sudafed) • Saline Nasal Spray • Neti Pot/Nelimed Bottle • Diphenhydramine (Benadryl) • Vicks VaporRub • Flonase 	<ul style="list-style-type: none"> • Do <u>not</u> take Sudafed in the 3rd trimester <u>IF</u> you have <i>high blood pressure</i>
Cough	<ul style="list-style-type: none"> • Guaifenesin (Robitussin or Mucinex) <ul style="list-style-type: none"> ○ Plain- No alcohol • Halls cough drops 	<ul style="list-style-type: none"> • Do <u>not</u> take anything labeled sustained or delayed release
Sore Throat	<ul style="list-style-type: none"> • Benzocaine/Menthol Lozenges (Cepacol) • Salt water gargles 	
- Mild Rash - Allergies	<ul style="list-style-type: none"> • Diphenhydramine (Benadryl) • Chlorpheniramine (Clor-Trimeton) • Loratadine (Claritin) • Cetirizine (Zyrtec) • Calamine lotion or spray • Baking soda baths/corn starch 	<ul style="list-style-type: none"> • Call if symptoms last longer than 1 week