

The following over the counter medications have been approved by your providers for use during pregnancy. Please review all prescription medications with your OB provider.

**NOTIFY ALL OTHER PHYSICIANS OF PREGNANCY BEFORE STARTING ANY NEW PRESCRIPTION MEDICATIONS.**

**Cough/cold/sore throat/allergies:**

Benadryl (diphenhydramine), Mucinex (guaifenesin), Chloraseptic spray, Robitussin, plain or DM (dextromethorphan +/- guaifenesin), cough drops/lozenges, nasal saline spray.

**Allergies/Rash/Itching:**

Benadryl (diphenhydramine), Claritin (loratadine), Nasonex (mometasone nasal), Caladryl lotion (pramoxine/calamine), Zyrtec (cetirizine), Flonase (fluticasone propionate nasal).

**Headache/Pain/Fever:**

Tylenol regular or extra strength (acetaminophen) Excedrin Tension (acetaminophen with caffeine)

**Heartburn/Acid Reflux/GERD:**

Maalox/Mylanta/Tums, Zantac (ranitidine), Prilosec (omeprazole), Pepcid (famotidine), Tagamet (cimetidine), Prevacid/Protonix (pantoprazole).

**Diarrhea:**

Imodium (loperamide)

**\*PLEASE NOTIFY OB-GYN OR PCP IF NO RELIEF IN 24 HOURS\***

**Constipation:**

Miralax (polyethylene glycol), Metamucil (psyllium), Milk of Magnesia, Citrucel (methylcellulose), Colace (docusate), Senna.

**Hemorrhoids:**

Anusol, Preparation H, Witch Hazel

**Yeast Infection:**

Monistat-3 (miconazole)

**Insect Repellent:**

Protective Clothing, DEET – based topical repellent

**Vaccines:**

Tuberculosis Test, Hepatitis B vaccine, Tdap vaccine, Flu vaccine

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