

OVER THE COUNTER MEDICINE LIST FOR PREGNANT PATIENTS

Nausea

Emetrol, Bonine, Dramamine, Vitamin B-6, Ginger, Unisom

Common Cold/Sinus

Tylenol Cold, Sudafed, Sudafed PE, Benadryl, Robitussin, Mucinex
DO NOT TAKE SUDAFED IF YOU HAVE HIGH BLOOD PRESSURE
Sinus Rinse (Neil Med)

Pain or Headache

Tylenol (Regular or Extra Strength) as directed
DO NOT TAKE GOODY'S, ALEVE, MOTRIN, IBUPROFEN, EXCEDRIN or any generic brand names of these

Yeast Infection

Monistat

Allergies/Itching

Benadryl, Claritin

Heartburn

Tums, Pepcid, Mylanta, Zantac

Constipation

Milk of Magnesia, Colace, Surfak, Metamucil, Fibercon, Miralax

Diarrhea

Imodium AD

Hemorrhoids

Preparation H, Anusol, Tucks Pads

NOTE: As with any medication, follow the product label directions. Although very few to no adverse outcomes have been associated with the above medications, there is no medicine that has been proven 100% safe during pregnancy.

If you have any questions, contact our office at (225)-658-1303 or the LDRP Unit at Lane Regional Medical Center at (225)658-4159 (after office hours).