

# Over the Counter Meds and Suggestions for Pregnancy

- Colds:** Increase fluids! Tylenol cold multi symptom, Tylenol cold/allergy, Tylenol Flu, Chlor-trimeton, Mucinex (guaifenesin) or Mucinex D, saline nasal spray \*\*\*If you have elevated blood pressure, you should only use Coricidin HBP, plain Chlor-trimeton, plain mucinex and saline nasal spray unless otherwise instructed.\*\*\*
- Cough:** Delsym, Mucinex DM, Robitussin DM, cough drops
- Sore throat:** Warm salt water gargles, throat lozenges, chloraseptic spray, extra strength Tylenol
- Allergies:** Zyrtec, Tylenol Allergy, Claritin, Chlor-trimeton allergy or Benadryl
- Headaches:** Extra strength Tylenol as directed
- Nausea:** Fluids are essential to prevent dehydration. If you are unable to eat, make certain you are drinking plenty of fluids (ie. Gatorade, sprite, ginger ale, jello). You may try ginger snaps, saltines, dry toast and dry baked potato. Eating something before you get out of bed in the morning may be helpful for morning nausea. If your vitamin seems to be causing increased nausea and especially vomiting, discontinue them until symptoms are better. Call the Office if you are unable to keep anything down. Meds: Emetrol, Unisom (Dramamine) and vitamin B6 Prescription meds are available: Phenergan (can cause drowsiness) and Zofran (can cause constipation)
- Reflux/Heartburn/Indigestion:**
- Immediate relief of symptoms: Tums, Mylanta, Riopan, Maalox Prevention of symptoms: Zantac 75-150mg twice a day or Pepcid AC (these should be taken everyday regardless of symptoms to prevent symptoms)

**Gas:** Maalox, Gas-X, Phazyme, or Mylicon

**Constipation:** Increase fluids and fiber in your diet! Fibercon, Benefiber, Citrucel, or Metamucil as instructed. Colace 100mg capsules twice a day or Miralax.

**Laxatives:** Laxatives should ONLY be used when necessary and not on a regular basis. Milk of magnesia or Correctol.

**Diarrhea:** Imodium AD

**Sleep:** Benadryl, Tylenol PM or Unisom