

HELPFUL HINTS:

- The information provided in this brochure is intended to be used as a general resource guide and is not all-inclusive.
- You may have a specific medical condition which would make certain choices of medication better than others.
- If you are taking prescribed medications already, please note that there may be interactions with some of the medications listed in this brochure. We would recommend that you consult your health care professionals with any questions.
- Always read the labels and follow instructions regarding frequency of dosing carefully.
- **WHEN IN DOUBT, ALWAYS CALL US WITH YOUR QUESTIONS.**



**EASTERN VIRGINIA
MEDICAL SCHOOL**

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**EASTERN VIRGINIA
MEDICAL SCHOOL**

MATERNAL-FETAL MEDICINE

OVER-THE-COUNTER MEDICATIONS APPROVED FOR PREGNANCY



OVER THE COUNTER MEDICATIONS APPROVED FOR PREGNANCY

The following is a list of over-the-counter medications that your doctors have approved for use during pregnancy. If you have diabetes or hypertension, some choices may not be appropriate.

COMMON COLDS

Increase oral fluids/cold mist humidifiers

- *4 way nasal spray*
- *Saline spray*
- Robitussin (**sugar free for diabetes**)
- **AYR nasal spray**
- Actifed
- *Chlor-Trimeton*
- *Coricidin*
- Delsym
- Dimacol Capsules
- Formula 44 Cough Control discs
- Formula 44D decongestant cough syrup
- **Mucinex DM**
- Robitussin DM
- Sinex decongestant nasal spray
- Sudafed
- Sudafed chest patch (available in children's strength)
- **Tussin-diabetic formula**
- **Sugar free throat lozenges**
- *Throat lozenges*
- **Triaminic-diabetic cough formula**
- Triaminicol decongestant cough syrup
- Tylenol cold formula or sinus formula
- *Vicks cough silencers cough drops*
- *Vicks cough syrup, form 44E*

NAUSEA & VOMITING

- **Ginger** capsules 340mg, 3 times per day orally
- **Vitamin B₆** 25 mg tab, 3 times per day orally
- **Unisom** 25 mg tab. Can be cut in half and taken 1/2 tab 3 times per day orally
- Unisom 25 mg orally at night
- **ReliefBand®** wrist band

CONSTIPATION

Increase oral fluid & fiber intake (bran, green leafy vegetables, apples)

- **Colace**
- **Dulcolax tablets & suppositories**
- Metamucil
- **Metamucil sugar free**
- **Milk of Magnesia**
- **Modane**
- **Pericolace**
- **Psillium husk capsules**
- **Surfak**

FLATULENCE

- **Mylicon**

PAIN

- **Tylenol**

HEARTBURN

- Amphojel suspension & tablets
- Gelusil
- Maalox, Maalox plus
- **Milk of Magnesia**
- Mylanta Liquid & tablets
- Tums—up to 6 per day
- **Tums sugar free**
- **Zantac**

ITCHING (ALL OK FOR DM)

- Benadryl
- Topical Caladryl lotion
- Aveeno bath salts

TOPICAL YEAST (ALL OK FOR DM)

SKIN

- Monistat cream
- Mycostatin powder
- Nystatin powder

VAGINAL

- Monistat 5 day formula
- Gyne-Lotrimin

HEMORRHOIDS (ALL OK FOR DM)

- Anusol HC
- Anusol Suppositories & ointment
- Tucks pads



If you have diabetes [DM] choose medications without sugar—bolder options

If you have high blood pressure, choose options for common colds in *italics*.