

## Over the Counter Medications

*\*Use medications sparingly in the first trimester*

*\*Avoid ibuprofen (Motrin, Advil) and Naproxen (Aleve) and other NSAIDS unless instructed by your doctor*

### **Allergies, congestion and cough:**

Benadryl  
Claritin  
Allegra  
Zyrtec  
Chlor-trimeton  
Flonase nasal spray  
Nasal saline  
Afrin nasal spray (*Use up to 3 days*)  
Chloraceptic spray  
Cepacol throat lozenges  
Mucinex/ Mucinex DM (guaifenesin)  
Robitussin (dextromethorphan)  
Cough Drops  
Vicks Vaporub  
Sudafed (pseudoephedrine) *\*\*Kept Behind pharmacy counter \*\*Avoid in 1<sup>st</sup> trimester and patients with high blood pressure\*\**

### **Headache:**

Tylenol (acetaminophen) *up to 3000 mg daily from all sources*  
Acetaminophen + caffeine  
Magnesium

### **Allergy eye drops:**

Zaditor (ketotifen)

### **Gastrointestinal:**

Tums  
Maalox  
Pepcid (famotidine)  
Prevacid  
Nexium  
Prilosec (omeprazole)  
Gas-X (simethicone)  
Phazyme  
Gaviscon  
Imodium (for diarrhea)

### **Motion Sickness:**

Dramamine Less Drowsy (meclizine)

### **Constipation:**

Colace  
MiraLAX  
Milk of Magnesia  
Glycerin suppository  
Benefiber  
Metamucil  
FiberCon  
Senna  
Dulcolax (bisacodyl) *\*short term use*

### **Hemorrhoids:**

Anusol  
Preparation H ointment  
Tucks pads (witch hazel)  
Recticare (lidocaine ointment)  
Sitz baths (with or without Epsom salt)

### **Nausea:**

Unisom sleep tablet (12.5 mg-25 mg at bedtime)  
Vitamin B6 (50-100 mg twice daily)  
Sea Bands

Emetrol

### **Insomnia:**

Unisom  
Benadryl

### **Leg cramps:**

Magnesium oxide (400-500 mg at night)  
Caltrate  
Calcet  
Viactive

### **Yeast Infection:**

Monistat  
Hydrocortisone cream (external use)

### **Rash/itching:**

1% Hydrocortisone cream  
Calamine lotion  
Oatmeal Baths

### **Cold Sores:**

Abreva (docosanol)

**Painful urination:** Call OBGYN