

# *Greensboro OB/GYN Associates*

## **What over-the-counter medications are safe?**

Women who are pregnant still get headaches, coughs and colds. It is perfectly safe to take the following medications as directed:

**PAIN** - Tylenol or Extra Strength Tylenol

**COUGH** – Halls Lozenges or Regular Robitussin

**SORE THROAT** – Saline gargle

**NASAL CONGESTION** – Saline nasal spray, Dimetapp, or Benadryl as needed. Afrin nasal spray x 3 days only

**ALLERGIES** – Claritin, Zyrtec or Benadryl

**HEARTBURN** – Maalox, Gaviscon, Pepcid, Tums, Roloids, Mylanta, or Zantac

**HEMORRHOIDS** – Preparation H and TUCKS

**CONSTIPATION** – Increase intake of salads, fruits and vegetables. Colace daily, Milk of magnesia as needed. Metamucil, Citrucel, Fibercon daily, or Miralax over-the-counter.

**DIARRHEA** – Clear liquids

**DIFFICULTY SLEEPING** – Benadryl 50mg at bedtime or Tylenol PM at bedtime

**NAUSEA** – Vitamin B6 2-3 times daily

**You may also have the following injections and testing when pregnant:**

Flu Vaccine (**NOT** by nasal inhaler)

Hepatitis B series

Tetanus vaccine

TB testing

TDAP vaccine – 2<sup>nd</sup> and 3<sup>rd</sup> trimesters