

**Approved over the Counter Medications to use  
during pregnancy for Common Complaints**

**Constipation:**

Drink 8-10 glasses of water a day; increase your intake of fruits & fiber, (dried beans and bran products)

Milk of Magnesia, Citrucel, Doxidan, Konsyl, Colace, and Metamucil

**Cough/Cold:**

Increase your intake of fluids (preferably water)

Robitussin DM-quiets cough

Robitussin Expectorant-loosens mucous and phlegm (drink plenty of water with this medication)

Tylenol Cold

**Diarrhea:**

Pepto Bismol

Immodium AD as directed

**Difficulty Sleeping:**

Benadryl (one 25mg tablet at bedtime, if this does not work call the physician do not increase)

**Flu:**

Tylenol Flu

**Headaches:**

Tylenol or Tylenol Extra Strength (as directed), if no relief, call the office.

**DO NOT USE IBUPROFEN (Advil/Motrin/Aleve) during pregnancy without approval from the physician. DO NOT USE ASPIRIN.**

**Heartburn and Indigestion:**

Maalox/Mylanta (try taking 30 minutes before meal & bedtime)

Gaviscon

Pepcid AC (take one in the AM and one in the PM)

Tums as needed

**Hemorrhoids:**

Tucks pads

Preparation H or Anusol HC

You can use any pads with Witch Hazel solution with each bowel movement

**Nasal Congestion:**

Chlortrimeton 4 Hour

Tavist Sinus

Tylenol Sinus

Nasal Congestion continued:  
Sudafed as package directed  
Contact as package directed

Nausea:  
Dramamine or Emetrol

Runny nose:  
Tavist or Benadryl as package directed

Yeast:  
Monistat

**IF SYMPTOMS GET WORSE OR IF FEVER IS HIGHER THAN 100.4 CALL THE OFFICE.**

**Please call the office for the following symptoms:**

- **Decreased fetal movements**
- **Leakage of amniotic fluid**
- **Vaginal bleeding**
- **Before 36 weeks: uterine contractions more than every 10-15 minutes**
- **After 36 weeks: uterine contractions every 3-5 minutes that are painful enough that you can not talk during them.**