OVER-THE-COUNTER MEDICATIONS ALLOWED
DURING PREGNANCY AND LACTATION

Acne
All OTC acne products/medications may be used

Or, increase dietary roughage, bran, dark green leafy vegetables and fruits. Drink 8-10 glasses of water daily.

Antihistamines
Actifed
Allegra
Benadryl
Claritin
Claritin-D
Chlor-Trimeton-D
Chlor-Trimeton-DM
Sudafed*
Tylenol Allergy
Zyrtec

*Though it does not require a prescription, Georgia law requires that Sudafed by requested from the pharmacist.

Cough Suppressants
Robitussin
Robitussin DM
Robitussin PE**

**DO NOT USE if taking Sudafed

Decongestants
Sudafed
Sudafed Sinus
Sudafed Non-Drying
Actifed
Tylenol Sinus
Benadryl
Doxylamine Succinate

Dry Skin
Cocoa Butter
Eucerin Lotion
Vitamin E Lotion

Expectorants
Mucinex
Robitussin

Fever
Tylenol
Tylenol Extra Strength
(2 tablets every 6 hours)

DO NOT take more than 12 tablets in 24 hours

Gas
Mylicon
Mylanta GAS
Mylanta Antacid/Anti-Gas
Phazyme

Constipation
Benefiber
Colace
Fibercon
Metamucil
Milk of Magnesia
Unifiber

Hemorrhoids
Preparation H
Colace
Annusol Suppository/Ointment
(with or without cortisone)
Or, increase roughage and fluids.

**Heartburn**
- Gaviscon
- Maalox
- Mylanta
- Nexium
- Pepcid Complete
- Prevacid
- Prilosec
- Rolaids
- Tums
- Zantac

**Iron Supplements**
Any iron supplement may be taken, including:
- Ferro-Sequels
- Ferancee HP
- Slow-Fe
- Slow-Fe with Folic Acid

**Insect Repellant**
Any insect repellant is safe to use

**Itch**
- Benadryl Ointment
- Caladaryl Lotion
- Hyrdocortisone Anti-Itch Ointment
- Cortaid

**Nasal Spray**
- Afrin – DO NOT for more than 3 days.
- Flonase
- Nasonex
- Ocean and Nasal Mist – may use as needed

**Nausea**
- Emetrol
- Relief Band
- Sea Bands

Vitamin B₆ (25mg 3 times daily)
Unisom (1 Doxylamine 12.5mg tablet daily)
with Vitamin B₆

**Pain**
- Tylenol
- Tylenol Extra Strength

**Poison Ivy**
- Nutech Wash
- Caladaryl Lotion*
- Ivy Dry*

*Clean affected area with soap and then apply medication to prevent the spread of poison ivy.

**Diarrhea**
- Imodium AD

**Sore Throat**
- Chloraseptic Oral Strips
- Chloraseptic Spray
- Sucrets or other throat lozenges

**Sleep – DO NOT USE ON A DAILY BASIS!**
- Benadryl 25mg
- Tylenol PM
- Unisom

**Sunscreen**
- Use SPF 30 or higher

**Yeast**
Any OTC medication may be used, including:
- Femstat 3
- Gynelotrimin Cream
- Monistat 3*
- Monistat 7*

*Insert the applicator halfway only.
**Travel**
Travel is permitted up to the 35th week of pregnancy as long as your physician has not put you on any restrictions. Check with your individual air carrier or cruise line regarding traveling during pregnancy. When traveling, empty your bladder frequently and take frequent breaks to stretch your body.

**Miscellaneous Concerns**
No studies have been performed indicating that the following procedures have an adverse effect on fetal development:

- Teeth Whitening
- Artificial Nails
- Hair Coloring (after the 1st trimester-12 weeks)

**ATTENTION:**

If you are ill or have any questions regarding taking medications while pregnant or nursing, please call (404) 352-3616 and ask for the OB Office.