

# 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

## Decongestants

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

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

## Dry Skin

Cocoa Butter  
Eucerin Lotion  
Vitamin E Lotion

## Cough Suppressants

Robitussin  
Robitussin DM  
Robitussin PE\*\*

## Expectorants

Mucinex  
Robitussin

\*\***DO NOT USE** if taking Sudafed

## Fever

Tylenol  
Tylenol Extra Strength  
(2 tablets every 6 hours)

## Calcium Supplements

Any calcium supplement may be used, including:

Tums EX – 2 tablets twice daily  
Viactiv

**DO NOT take more than 12 tablets in 24 hours**

## Constipation

Benefiber  
Colace  
Fibercon  
Metamucil  
Milk of Magnesia  
Unifiber

## Gas

Mylicon  
Mylanta GAS  
Mylanta Antacid/Anti-Gas  
Phazyme

## 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  
Hydrocortisone 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 B<sub>6</sub> (25mg 3 times daily)  
Unisom (1 Doxylamine 12.5mg tablet daily)

with Vitamin B<sub>6</sub>

### **Pain**

Tylenol  
Tylenol Extra Strength

### **Poison Ivy**

Nutech Wash  
Caladryl 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 35<sup>th</sup> 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 1<sup>st</sup> 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.**