

## Safe over the Counter Medications to Take During Pregnancy

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- Cough / Colds Robitussin DM sugar free
- Constipation Metamucil, Citrucel, Colace, Ducolax, Milk of Magnesia
- Diarrhea Imodium A-D, Kaopectate
- Gas Mylicon, Gas-X, Phazyme
- Hay fever Benadryl, Tavist-D, Claritin, Zyrtec, Efidac, Teldrin
- Headache or Fever Tylenol, Panadol  
*\*\*\*NO Aspirin, Aleve, or Ibuprophen*
- Heartburn TUMs, Mylanta, Tagamet, Zantac  
*\*Do not use Pepto-Bismol (Contains Aspirin)*
- Hemorrhoids Tucks, Preparation II, Anusol
- Insomnia Benadryl, Unisom Sleep Tabs
- Nasal Congestion Sudafed, Actifed Cold & Allergy
- Nausea Ginger, Vitamin B6 25mg by mouth three times per day with Unisom Sleep Tabs ½ tablet three times per day, Vitamin B6 50mg twice a day, Seabands
- Toothache Orajel
- Yeast Monistat