

Over-the-Counter Medications Allowed in Pregnancy

Always take medications according to the manufacturer's directions listed on the bottle, unless your physician instructs otherwise. If you are taking prescribed medications, please consult with our office prior to discontinuing that medication. We compiled this list of medications that have **not** shown to cause birth defects. No medication can be guaranteed to be absolutely safe when taken during pregnancy. Medications should be used only if the potential benefits outweigh the potential risks.

Anti-Gas	
Mylicon	Gaviscon
Phyzyme (simethicone)	
Riopan plus	

Topical Agents	
Calamine	Neosporin
Cortaid	Benadryl
Hydrocortisone cream	

Constipation	
Citrucel	
Fibercon tables	
Dulcolax	
Metamucil	
Milk of Magnesia	
Colace stool softener	
Surfak	

Yeast Infections	
Monistat 7 day	
Gyne-Lotrimin	

Pain	
Tylenol	
Tylenol Extra Strength	

Colds and Allergies	
Any throat lozenges	Saline Nasal Spray
Benadryl	****Sudafed only if approved by MD 1st****
Chlortrimetron	Tylenol Sinus Congestion &
Claritin	Pain (Daytime/Nighttime)
Mucinex	Zyrtec
Robitussin	
Robitussin Night Time Cough & Cold	
Robitussin Cough & Cold CF	
Robitussin Cough & Cold Long Acting	
Robitussin DM	

Nausea	
Combination of Vitamin B6 10mg (or next available mg) and Unisom 25 mg	
Emetrol	

Diarrhea	
Imodium	Kaopectate

Hemorrhoids		
Anusol	Preparation H	Tucks

Antacids	
Maalox	Zantac
Mylanta	Tums
Pepcid	

Sleeping Agents		
Unisom	Benadryl	Tylenol PM

Over-the-Counter Medications NOT Allowed in Pregnancy

Aspirin or products containing Aspirin: Salicylic Acid, ASA, Bayer, Anacin, Excedrin, BC powder or Goody's powder, Pepto Bismal, and/or Alka Seltzer

NyQuil

Ibuprofen or products containing ibuprofen: Advil, Midol, Nuprin

Naproxen sodium or products containing naproxen sodium: Anaprox, Aleve, Naprelan

Castor Oil

Retin-A