

SAFE OVER-THE-COUNTER MEDICATIONS IN PREGNANCY

| PROBLEM | MEDICATION | DOSAGE |
|--------------------------------|--|---|
| Morning Sickness | Vitamin B6 Unisom | B6 25mg: twice a day Unisom: once a day at night |
| Cold and Congestion | Chlor-Trimeton Afrin Nasal Spray | Use as directed on the package, If symptoms do not improve, call the clinic. |
| Constipation | Metamucil, Citrucel Effer-Syllium Miralax High Fiber Foods Milk of Magnesia Colace (Docusate Sodium)-may be in your prenatal vitamins Senokot | Use as directed on the package. |
| Cough | Throat Lozenges Zinc Lozenges | Use as directed on the package. |
| Headache | Acetaminophen Tylenol (Regular, Extra Strength) Aspirin | Use as directed on the package. 2 tablets every 4-6 hours as needed |
| Hemorrhoids | Anusol-HC Preparation H | Use as directed on the package. |
| Heartburn | Antacids: Maalox Mylanta Tums EX Rolaids 500's Zantac, Pepcid, Tagamet | Take antacids 1/2 hour before meals and before bedtime. Use as directed on the package. |
| Allergy | Benadryl, Zyrtec, Claritin | Use as directed on the package. |
| Rash | Benadryl Lotion Cortaid Cream | Use as directed on the package. |
| Vaginal Yeast Infection | Monistat Gyne-Lotrimin Gynazole 1 | Use as directed on the package. |