

OTC Medication Recommendations For Pregnancy

Last Modified on 02/22/2023 12:35 pm EST

ANYTIME After Hours

OTC MEDICATION RECOMMENDATIONS PER SCHMITT/THOMPSON GUIDELINES FOR PREGNANCY

Medication	Indication	Dosage	Special Instructions
Benadryl Claritin Alavert	Allergy Symptoms	As Directed	
Throat Lozenges Chloraseptic Spray	Sore Throat	As Directed	
Guaifenesin - plain (Robitussin, Mucinex) Delsym Cough Drops	Cough	As Directed	Guaifenesin - ONLY after 1st Trimester (after 12 weeks)
Saline nasal spray Saline nose drops Chlortrimeton Benadryl	Cold Symptoms	Use ½ tsp table salt and 8 oz warm water to make saline drops at home	
Tylenol	Fever Headache Discomfort	As Directed	Avoid Ibuprofen, Naproxen, and Aspirin products
Emetrol Vitamin B6 Unisom Dramamine Sea Bands Ginger	Vomiting	As Directed May take Vitamin B6 and Unisom together up to 3 x daily	
Prune juice, bran cereal, fresh <u>fruits</u> and vegetables 6-8 glasses of water per day Metamucil Citrucel Colace	Constipation	As Directed	Use OTC medications when natural/dietary changes are not effective
Imodium AD	Diarrhea	Do not use for more than 24 hours	ONLY after 12 weeks of pregnancy
Rolaids Tums	Heartburn Indigestion	As Directed	

Gas-X Pepcid AC OTC Prilosec			
<u>Anusol</u> Preparation H Tucks Pads	Hemorrhoids	As Directed	
Monistat 7	Vaginal Yeast Infection	As Directed	Avoid 3 days inserts/creams as they may be irritating
Neosporin <u>Polysporin</u> Bacitracin	Wound Care	As Directed	
Hydrocortisone 1% Cream Benadryl Cream Oatmeal Bath Calamine Lotion	Itchy Rash	Apply to affected area as directed	