**MidMichigan Obstetrics & Gynecology**

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**OVER THE COUNTER (OTC) MEDICATIONS**

The following information is regarding common problems during pregnancy and remedies that we recommend. However, if you are ever in doubt about the severity of your symptoms or have questions about medications, please contact our office!

The remedies listed are all over the counter (OTC) even though you **might need to ask the pharmacist for certain ones that are behind the counter,** you do not need a prescription for any of these. Read and follow the directions on the label unless directed otherwise by your physician.

**INDIGESTION & HEARTBURN:** \*Avoid lying down for at least 1 hour after meals

Aciphex, Aluminum hydroxide/magnesium carbonate (Gaviscon), Famotidine (Pepcid AC), Calcium carbonate/magnesium carbonate (Mylanta), (Aluminum hydroxide/magnesium hydroxide (Maalox), Milk of Magnesia, Prevacid, Prilosec, Rolaids, Calcium Carbonate (Tums [limit 4/day]), and Ranitidine (Zantac) \*\*Do **NOT** take Pepto-Bismol

**CONSTIPATION**

Docusate (Colace), Dulcolax Suppository, Polycarbophil (Fibercon), Methylcellulose fiber (Citrucel), Psyllim (Fiberall, Metamucil), Milk of Magnesia, Polyethylene glycol (Miralax), Align, Flora-Q, Senakot

**SINUS/NASAL CONGESTION & ALLERGY SYMPTOMS**

Guaifenasin (Mucinex), Loratidine (Claritin), Claritin D \*Avoid if problems with blood pressure, Chlor-Trimeton, Benadryl, Dimetapp, Drixoral-Non-Drowsy, Saline Nasal Spray, Afrin Nasal Spray \*use only as directed for no longer than 3 days, Tylenol Cold & Sinus, Sudafed/Sudafed-12hour (Sudafed must be obtained from behind the pharmacy counter and require your signature), Sudafed PE Pseudoephedrine \*Avoid if problems with blood pressure, Vicks Vapor Rub, Cetirizine (Zyrtec)

**HEADACHES**

Acetaminophen (Extra Strength Tylenol). Aspirin-Free Excedrin. **Do NOT take aspirin or any product that contains Ibuprofen (Advil/Motrin/Aleve)** unless otherwise directed by your physician.

**COUGH**

Diphenhydramine (Benadryl), Dextromethorphan (Robitussin), Delsym, Guaifenesin (Mucinex), Vicks Vapor Rub, Mentholated and non-mentholated cough drops, Pseudoephedrine (Sudafed), Acetaminophen (Tylenol), Saline nasal drops or spray.

**HEMORRHOIDS**

Anusol/Anusol HC, Hydrocortinsone OTC, Preparation H, Tucks Medicated Pads (Witch Hazel)

**DIARRHEA**

Loperamide (Imodium AD) \*For 24 hours only, Kao-Pectate. **Push fluids**

**NAUSEA & VOMITING:**

Emetrol, Bonin, Dramamine, Dyphenhydramine (Benadryl), Vitamin B6 (50 mg 4x/day), B-Natal Therapops/Lozenges, Ginger root (250 mg 4x/day), Sea Bands, Unisom (before bed)

**ACNE:**

Benzoyl Peroxide, Clindamycin, Topical Erythromycin, Salicylic Acid \*Avoid: Accutane, Retin-A, Tetracycline, Minocycline

**GAS:**

Gas-X, Mylicon, Phazyme

**RASH:**

Benadryl by mouth, Benadryl cream, Hydrocortisone Cream, Oatmeal Bath (Aveeno)

**INSOMNIA:**

Diphenhydramine (Benadryl), Doxylamine (Unisom), Tylenol PM

**THROAT:**

Cepacol, Cepastat

**YEAST INFECTION:**

Femstat, Gyne-lotrimin, Miconazole (Monistat)

**FIRST AID:**

Bacitracin, Neomycin/polymyxinB/bacitracin (Neosporin)

**INSECT REPELLANT:**

N,N-diethyl-meta-toluamide (DEET)

**VACCINES:**

Flu vaccine, Hepatitis A, Hepatitis B, Pneumovax, Polia Booster, Tetanus (Tdap), TB test. \***Avoid** Gardasil, Live Poliovirus, MMR, Varicella during pregnancy.

**COLD SORES:**

Abreva

**Please note-No drug/medication can be considered 100% safe to use during pregnancy.**

**Please call the office for further information that may not be listed or with any questions that you may have!**

https://www.cdc.gov/medicationsafety/index.html