

Desert Mountain OB GYN  
14220 Northsight Blvd #150  
Scottsdale, Arizona 85260

**Safe Over the Counter (OTC) Medications in Pregnancy**

<u>Condition:</u>	<u>Medication:</u>
Heartburn, upset stomach, gastroesophageal reflux disease (GERD)	Antacids: Maalox <sup>®</sup> , Mylanta <sup>®</sup> , Rolaids <sup>®</sup> , Tums <sup>®</sup>  Zantac <sup>®</sup> 150 mg (Ranitidine)
Gas, bloating	Simethicone: Mylicon <sup>®</sup> , Gas-X <sup>®</sup> , Maalox Anti-Gas <sup>®</sup> , Mylanta Gas <sup>®</sup>
Constipation	Stool softeners: Metamucil <sup>®</sup> , Citrucel <sup>®</sup>  <b>Laxatives: Milk of Magnesia, Colace<sup>®</sup>, Miralax<sup>®</sup> these medications are for occasional use only!</b>
Hemorrhoids	Preparation-H <sup>®</sup> , Anusol HC <sup>®</sup> , Tucks <sup>®</sup>
Diarrhea	Loperamide: Imodium A-D <sup>®</sup> , Maalox Anti-Diarrheal <sup>®</sup> , Pepto Diarrhea Control <sup>®</sup>
Nausea	Ginger, Vitamin B6 50 mg
Cold and cough symptom: cough, sore throat, nasal congestion, sneezing, runny nose	Robitussin <sup>®</sup> , Robitussin DM <sup>®</sup> , Vicks 44E <sup>®</sup> Cough drops Vicks VapoRub <sup>®</sup> <b>Nyquil: short term use only</b> <b>Avoid cold remedies that contain alcohol. Also avoid decongestants pseudoephedrine and phenylephrine, which can affect blood flow to the placenta.</b>
Fever, headache, and pain relief	Tylenol <sup>®</sup>
Allergy relief	Claritin <sup>®</sup> , Zytrec <sup>®</sup> , Benadryl <sup>®</sup> , Alavert <sup>®</sup>
Insomnia	Doxylamine: Unisom Sleep Tabs <sup>®</sup>
Yeast Infections	Monistat <sup>®</sup> 3 or 7 day treatment

**For Nausea: Vitamin B-6 50mg tablets 2x per day. If symptoms don't improve then you may try Ginger 250mg 4x per day, Ginger Candy or Chews.**

**If symptoms persist then please call our office (480)585-0804**