

Over-The-Counter Medications Safe for Pregnancy

The following is a list of the over-the-counter- medications that you can take when you are pregnant. If you are experiencing any of these typical ailments, you can safely use these medications without calling the office. If you are experiencing anything more severe or have used these medications for at least 3 days without relief, call our office!!!

SYMPTOMS

MEDICATIONS

Headaches	Tylenol, Anacin 3, Acetaminophen Do Not Take Aspirin or Ibuprofen
Cold/ Stuffy Head	Sudafed, Mucinex D, Claritin D If you have high blood pressure Coricidin
Stuffy Nose	Benadryl, Actifed, Teldren, Claritin, Contac, Tylenol cold,
Runny Nose	Neosynephrine pediatric, ocean nasal spray
Cough	Robitussin DM, Cough drops or Hard candy
Sore throat	Cepacol, Chloraseptic, warm salt water gargle
Constipation	Stool softeners: Colace, Surfak, Doxidan, Metamucil Laxatives: Milk of Magnesium, Pericolace (sparingly)
Diarrhea	Kaopectate, Immodium (Call if persistent)
Nausea/Vomitting	Emmetrol, Nestrex, Tums (Call if persistent)
Hemorrhoids	Tucks Preparation H, Hot sitz bath, Anusol (Call if bleeding)
Painful Urination	Call the office

If your symptoms persist or worsen, please call the office to speak with our nurse. This may be an indication that you need to come into the office or need a prescription for additional medications.

When you see another care provider or dentist:

1. Be sure they know you are pregnant.
2. No x-rays unless absolutely necessary.
3. Clear any medications not listed above or prescribed by another health care provider with our office.