

Over-the-Counter Medications Safe for Pregnancy & Breastfeeding

Comparable Trade/Generic Medications approved. Please contact the clinic or pharmacist with any questions.

Condition	Medication	Condition	Medication
Acne	<ul style="list-style-type: none"> Cetaphil® Gentle Skin Cleanser CeraVe® Hydrating Cleanser Glytone 	Nausea/Vomiting Motion Sickness	<ul style="list-style-type: none"> Vitamin B6 (take 25mg four times a day) Unisom® Sleep Tabs (doxylamine succinate) Take one-half 25mg tablet and 25mg of Vitamin B6 three to four times a day.
Allergies	<ul style="list-style-type: none"> Alavery® or Claritin® (loratadine) Benadryl® (diphenhydramine) Zyrtec® (cetirizine) 	Pain (Call the clinic if pain is in your abdomen.)	<ul style="list-style-type: none"> Tylenol® (acetaminophen) Take 650mg to 1,000mg every 4-6 hours as needed. Do not take more than 4g in 24 hours. Tylenol® PM (acetaminophen, diphenhydramine HCL)
Constipation	<ul style="list-style-type: none"> Citruscel or Unifiber® Colace® Ex-lax® Fiber caplets or Fiber Con® Metamucil® psyllium Milk of Magnesia Mineral Oil (one ounce) in prune juice ClearLax, MiraLax® 	Rash (Call the clinic if you have an allergic reaction, or no relief)	<ul style="list-style-type: none"> Aveeno® Soothing bath treatment (colloidal oatmeal) Caladryl Clear® lotion (calamine, zinc oxide) Cortaid® (hydrocortisone) Gold Bond® 1% Medicated Anti-itch Cream (Menthol, Pramoxine)
Diarrhea	<ul style="list-style-type: none"> Imodium® (Loperamide) 	Sinus/ Congestion/Cold	<ul style="list-style-type: none"> Chlor-Trimeton (chlorpheniramine) Coricidin HBP® Chest Congestion and Cough (dextromethorphan, guaifenesin) Ocean Mist® nasal spray (saline sprays) Sudafed® (pseudoephedrine) AVOID IN THE FIRST TRIMESTER
Cough	<ul style="list-style-type: none"> Vicks® Nature Fusion Cough (dextromethorphan hydrobromide) Delsym® 12-Hour Extended Release Mucinex® (Guaifenesin) 	Sleep Disturbance	<ul style="list-style-type: none"> Unisom® Sleep Tabs (doxylamine succinate) Tylenol® PM (acetaminophen, diphenhydramine HCL)
Gas	<ul style="list-style-type: none"> Gas-X® chewable tablets or Maalox® (simethicone) Mylanta® maximum strength liquid or Maalox® 	Sore Throat	<ul style="list-style-type: none"> Cepacol® Maximum Strength Sore Throat Spray or Sucrets® lozenges (dyclonine hydrochloride) Chloraseptic® lozenges (benzocaine) or spray (phenol) Do not take longer than 2 days. Halls® or Robitussin® lozenges (menthol) Vicks® lozenges with honey (dextromethorphan hydrobromide)
Heartburn	<ul style="list-style-type: none"> Gaviscon® (aluminum hydroxide, magnesium carbonate) Zantac® (Ranitidine) Pepcid® (Famotidine) Maalox tablets or Rolaids® or Titalac® or Tums® (take less than 2,000 mg) 	Vaginal Yeast Infection	<ul style="list-style-type: none"> Per CDC - Only Topical/"Azole" creams for 7 days. Gyne-Lotrimin® (clotrimazole) Monistat® 7 vaginal cream (miconazole) Notify clinic to discuss symptoms
Hemorrhoids	<ul style="list-style-type: none"> Anusol-HC® or Preparation H® Hydrocortisone Preparation H® (phenylephrine, pramoxine, glycerin, petroleum) Tucks® pads (witch hazel) 		