

# OVER THE COUNTER MEDICATIONS APPROVED FOR PREGNANCY

The following is a list of over-the-counter medications that your providers have approved for use during pregnancy. If you have diabetes or hypertension, some choices may not be appropriate. (See notes below)

## COMMON COLDS

Increase oral fluids/cold mist humidifier  
(Follow dosage instructions on container)

- **4 way nasal spray**
- **Saline Spray**
- Robitussin (**sugar free for diabetes**)
- **AYR nasal spray**
- Actifed
- *Chlor-trimeton*
- *Corcidin*
- Delsym
- Dimacol Capsules
- Formula 44 Cough Control discs
- Formula 44D decongestant cough syrup
- **Mucinex DM**
- Robutissin Dm
- Sinex decongestant nasal spray
- Sudafed
- **Tussin-diabetic formula**
- **Sugar free throat lozenges**
- **Triaminic-diabetic cough formula**
- Triminicol decongestant cough syrup
- Tylenol cold formula or sinus formula
- *Vicks cough silencers cough drops*
- *Vicks cough syrup, form 44E*

## NAUSEA & VOMITING

- **Ginger** capsules 340 mg, 3 times per day orally
- **Vitamin B6** 25 mg tab, 3 times a day orally
- **Unisom** 25 mg tab. Can be cut in half and taken ½ tab 3 times a day orally
- **Unisom** 25 mg orally at night
- **ReliefBand** ® wrist band

## CONSTIPATION

Increase oral fluids & fiber intake (bran, green leafy vegetables, apples) Follow dosage instructions on container.

- **Colace**
- Metamucil
- **Metamucil sugar free**
- **Milk of Magnesia**
- **Psillium husk capsules**

## FLATULENCE

(Follow dosage instructions on container)

- **Mylicon**

## PAIN

(Do not take more than 4000mg in one day)

- **Tylenol**

## HEARTBURN

(Follow dosage instructions on container unless directions are listed next to medication)

- Amphojel suspension & tablets
- Gelusil
- Maalox, Maalox plus
- **Milk of Magnesia**
- Mylanta liquid & tablets
- Tums – up to 6 per day
- **Tums sugar free**
- **Zantac**

## ITCHING (All Ok for DM)

- Benadryl
- Topical Caladryl lotion
- Aveeno bath salts

## TOPICAL YEAST (All Ok for DM)

### SKIN

- Monistat cream
- Mycostatin powder
- Nystatin powder

### VAGINAL

- Monistat 5 day formula
- Gyne-Lotrimin

## HEMMORRHOIDS (All Ok for DM)

- Anusol HC
- Anusol Suppositories & ointment
- Tucks pads



## OVER THE COUNTER MEDICATIONS APPROVED FOR PREGNANCY

---

If you have diabetes (DM) choose medications without sugar-boldded options.  
If you have high blood pressure, choose options for common colds in *italics*.

