



Over-the-counter OB Medication Safe List

Follow manufacturer's package instructions unless otherwise specified on this list

If symptoms do not improve with the following recommendations, contact the office

Morning sickness

Vitamin B6 25mg 3-4 times per day
Unisom Sleep Tablets (Doxylamine Succinate) 25mg-
may take ½ tablet to 1 tablet at night.
Anything Ginger (snaps, tea, lozenges, chews...)
Dramamine, Emetrol

Headaches

Sleep/Nap
One serving of caffeine
Tylenol 325mg: as directed on the bottle (**NO** Ibuprofen,
Aleve, Motrin, Advil, Naproxen)

Backaches

Tylenol 325mg: as directed on the bottle
Stretches
Massage (pregnancy certified)
Pregnancy support belt
Comfortable, arch-supportive shoes
Warm or cold (towel-wrapped) compresses
Lumbar support when sitting
Pillow between knees when sleeping
Avoid lifting heavy objects/bending at waist
Salonpas, ThermaCare, Icy Hot (**topical patches only**)

Indigestion

Tums, Mylanta, Maalox, Rolaids
Simethicone/Gas-X
Pepcid OTC **OR** Prilosec OTC

Constipation

Colace 100-200mg daily
Milk of Magnesia
Metamucil, Fibercon, Miralax
Any OTC glycerin suppository

Hemorrhoids

Tucks pads
Sitz baths
Preparation H, Anusol cream or suppository

Yeast Infection

Monistat-7, Vagisil (external use only)

Diarrhea

Immodium (plain or AD)

Rash/Itching

Calamine lotion
Benadryl cream/spray or pill
Hydrocortisone 1% cream/ointment
Oatmeal bath, Cool shower

Insomnia

Unisom, Benadryl, Tylenol PM

Allergies and Colds

At least 64oz of water intake per day
Cough drops, Humidifier
Saline nasal spray (**NOT** Afrin)
Saline eye drops
Chlor-Trimeton, Tavist, Dimetapp,
Robitussin (plain or DM), Zyrtec,
Triaminic, Claritin, Allegra, Benadryl
Mucinex Expectorant 600mg
**The following are safe to use after 14 weeks and with
no history of or current evidence of high blood
pressure:**
Claritin D, Sudafed, Actifed, Drixoral, Tylenol Sinus &
Headache

Miscellaneous

*A tuberculin skin test (PPD) may be performed
anytime in pregnancy by your employer or primary care
physician if indicated for employment or recommended
by our office.
*May continue current regimen of OTC probiotics
*If not allergic, the following commonly prescribed
antibiotics are considered safe to use during pregnancy:
Erythromycin, Nitrofurantoin (Macrobid), Clindamycin,
Amoxicillin, Ampicillin, Penicillin, Azithromycin (Zpack),
Cephalosporins (Keflex)