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Over The Counter Drugs In Pregnancy

- ◆ **Pain**
Tylenol Only
Do not use aspirin or ibuprophen!
- ◆ **Nause & Vomiting**
Only prescriptions given by MD
Eat six small meals a day
Small sips of water
- ◆ **Sore Throat**
Cepacol Spray
Throat Lozenges
- ◆ **Heartburn**
Avoid greasy & spicy foods
Mylanta
Maalox
Tums
Rolaids
Tagamet
Zantac
Pepcid
- ◆ **Constipation**
Benefiber
Metamucil
Citracel
Colace
Surfak
Milk of Magnesia
Dulcolax or Glycerin
suppositories
- ◆ **Diarrhea**
Kaopectate or Imodium AD
- ◆ **Cough & Cold**
Robitussin (CF or DM)
Triaminic (expectorant/DM)
Airborne
- ◆ **Antibiotics**
Only those prescribed by MD
- ◆ **Congestion**
Mucinex
Vicks
Saline/Afrin nasal spray
Benadryl
Chlor-Trimeton
Claritin/Alavert
- ◆ **Skin Itching & Irritation**
Hydrocortisone 0.5% cream
Benadryl cream
- ◆ **Yeast Infections**
Monistat
- ◆ **Sleep Aids**
Tylenol PM
Benedryl
- ◆ **Hemorrhoids**
Anusol
Tucks
Preparation H