



Over the Counter Medications

The following over-the-counter drugs may be safely taken after 12 weeks gestation by a pregnant woman, following the directions on the container for appropriate dosage.

Problem	OTC Medications	Precautions
Mild Headaches, Aches, Pains Fever	Acetaminophen (Tylenol)* Regular or extra strength	Call if severe and/or persistent headaches Fever greater than 101 without relief with medication
Nasal congestion, Sinusitis, Allergies, Cold symptoms	Tylenol, Sudafed, Tylenol Sinus, Phenylephrine, Ocean Nasal Spray, Benadryl, Vicks VapoRub*, Zyrtec Allergy	Call if no improvement in 2-3 days or if condition worsens
Cough	Plain Mucinex or Plain Cough Syrup (Both should be Guaifenesin only, no initials)	Persistent cough, accompanied with fever over 101
Sore throat, Minor irritation	Throat lozenges, Cepacol Lozenges, Chloroseptic, Salt water gargles	Severe or persistent sore throat
Mild rashes, Allergies	Benadryl, Caladryl/ Calamine lotion, baking soda baths, corn starch, Aveeno lotion/bath, cool compress, aloe vera gel	fever over 101, severe itching, difficulty breathing
Diarrhea	Kaopectate, Immodium, Clear liquids for 24 hours then BRAT diet (bananas, rice, applesauce, toast)	Diarrhea that persists more than 2 days and is accompanied by fever, or severe diarrhea or blood
Constipation	Milk of Magnesia, Matamucil, Colace, Increase fiber and fluids, exercise	Avoid severe straining
Hemorrhoids	Tucks pads, Anusol, warm sitz baths 3 times per day, witch hazel pads, hemorrhoidal suppositories	Bleeding or severe pain
Heartburn, Indigestion	Tums, Maalox, Mylanta, Pepcid AC, decrease caffeine and chocolate, do not recline until 2 hours after eating	If no relief, call your provider
Yeast Infection	3-7 day Monistat vaginal cream, 3-7 day Gyne-Lotrimin	Call if no relief
Nausea	Vitamin B6 25mg 3 times per day and Unisom 1/2 tablet 3 times per day <u>OR</u> 1 full tab Unisom with 1 25mg B6 at bedtime ginger tea, Bio Bands, peppermint, gin ginger candy	Persistent vomiting, decrease in weight, decrease in urine output

Please call (309) 662-2273 if you have any questions

*may be taken at any time during pregnancy