



NON-PRESCRIPTION DRUGS THAT CAN BE USED IN PREGNANCY

Colds/Sinuses:	Chlor-Trimeton, Contact, Ornex, Sinutab, Tylenol, Claritin, Saline nasal spray, Benadryl, Zyrtec, Tylenol PM, Sudafed, Tylenol Cold & Sinus
Cough Syrup:	Robitussin, Robitussin DM, Novahistine, Benylin
Headache:	Tylenol, Extra-Strength Tylenol. No ibuprofen or aspirin, unless directed by physician.
Sore throat:	Chloraseptic spray or lozenges
Heartburn:	Maalox, Tums, Mylanta II, Prilosec OTC, Pepcid AC
Insomnia:	Tylenol PM
Nausea/vomiting:	Vitamin B-6, 50 mg by mouth 2 X daily and 1 Unisom doxylamine sleeping pill at night. You can also take ginger, Emetrol.
Laxative:	Metamucil, Senokot, Citrucel
Stool softener:	Colace, Surfak, Dulcolax, Smooth Move Tea, Milk of Magnesia
Diarrhea:	Kaopectate, Imodium
Hemorrhoids:	Anusol or Preparation-H Ointment or suppositories, Tucks Medicated Pads
Topical Pain Relief:	Icy Hot, Ben Gay, Biofreeze

Please call your doctor's office if your temperature rises to 100.4 degrees Fahrenheit or higher accompanied by any illness.