

## APPROVED OVER THE COUNTER (OTC) MEDICATIONS AND SUPPLEMENTS IN PREGNANCY

### **Fever/Headache/Body Ache:**

- ✓ Acetaminophen 650mg every 4hrs or 1000mg every 6hrs as needed

### **Nausea/Vomiting:**

- ✓ Unisom\* (1/3 tablet) and Vitamin B6 (50mg), 1-3 times daily
- ✓ Emetrol (Phosphorated Carbohydrate)
- ✓ Homeopathic Ipecac 30x
- ✓ Ginger Root under the tongue or Ginger Ale/Tea/Capsules
- ✓ Peppermint Oil Aromatherapy
- ✓ Sea Bands – Wear over acupressure points on wrists
- ✓ Avoid water if provokes nausea. Drink flavored waters, smoothie, and broths instead.

### **Seasonal Allergies:**

- ✓ Allegra (Fexofenadine)
- ✓ Benadryl (Diphenhydramine)\*
- ✓ Claritin (Loratadine)
- ✓ Unisom (Doxylamine Succinate)\*
- ✓ Flonase (Fluticasone Propionate)

### **Constipation:**

- ✓ Citrucel/Fibercon
- ✓ Magnesium - 300-400mg/daily as needed
- ✓ Colace (Docusate Sodium) – 100mg, 1-3 times daily
- ✓ Metamucil
- ✓ High fiber cereal daily
- ✓ Prunes - Juice or Stewed

### **Diarrhea:**

- ✓ Kaopectate or Pepto Bismol (Bismuth Subsalicylate) – use sparingly
- ✓ BRAT Diet - Bananas/White Rice/Applesauce/Toast
- ✓ Electrolyte drinks
- ✓ Lactobacillus GG (probiotic)

### **Indigestion/Acid Reflux:**

- ✓ Gas-X (Simethicone)
- ✓ Maalox or Mylanta – Excessive use can cause diarrhea
- ✓ Nexium (Esomeprazole)
- ✓ Pepcid (Famotidine)
- ✓ Tums/Rolaids (Calcium Carbonate)
- ✓ Papaya – Enzyme or Fresh
- ✓ Peppermint or Chamomile Tea

### **Yeast Infection:**

- ✓ Gyne-Lotrimin (Clotrimazole) – use 7 day preparation
- ✓ Monistat (Miconazole) – use 7 day preparation

### **Hemorrhoids:**

- ✓ 1% hydrocortisone ointment
- ✓ Preparation H
- ✓ Tucks Pads/Cold Witch Hazel Compresses

### **Anemia:**

- ✓ Ferro-Sequels – contains stool softener
- ✓ Floradix – Herbal liquid iron supplement. Must be refrigerated
- ✓ Iron containing foods
- ✓ Stinging Nettle Tea
- ✓ Slow Release iron

### **Respiratory Infection:**

- ✓ Antihistamines – (Claritin, Allegra, Benadryl\*)
- ✓ Flonase/Saline Nose Drops
- ✓ Mucinex DM (Guaifenesin)
- ✓ Robitussin DM (Dextromethorphan)
- ✓ Sudafed PE (Phenylephrine) – *regular Sudafed ONLY after 16 weeks*



\*may cause drowsiness