



# Over-the-counter medications that may be used during pregnancy

**Note:** Be sure to call the office before taking any medication that is not on this list. Take each medication as directed on the package.

## ALLERGIES

- Claritin (loratidine)
- Benadryl (diphenhydramine)\*
- Zyrtec (generic cetirizine)

## SINUS CONGESTION

- Sudafed PE (phenylephrine)
- Sudafed (pseudoephedrine)
- Tylenol Sinus
- Saline Nasal Spray
- Cool mist humidifier

## SINUS CONGESTION/ ALLERGIES

- Chlor-Trimeton plus decongestant (chlorpheniramine maleate/pseudoephedrine)\*
- Claritin-D
- Tylenol Sinus & Allergy\*
- Tylenol Cold & Sinus\*
- Mucinex

## PAIN

- Tylenol Regular or Extra-Strength (acetaminophen)
- Heating pad at low on back
- Warm compresses to abdomen
- Warm bath

## COUGH

- Cough drops
- Robitussin DM (guaifenesin)
- Cool mist humidifier

## SORE THROAT

- Warm salt gargle (1 tsp. salt per 8 oz. water)
- Chloraseptic spray
- Throat lozenges, peppermint, Luden's throat drops
- If lasts longer than 2-3 days, or if accompanied with fever over 101, call office

## INDIGESTION/ HEARTBURN/GAS

- Tums Regular or Extra-Strength
- Zantac 75mg (ranitidine HCL)
- Pepcid (famotidine)
- Tagamet (cimetidine)
- Mylanta
- Gas-X (simethicone)

## CONSTIPATION

- Increase water, fruits and vegetables in diet (prunes or bran cereal)
- Metamucil or Citrucel on a regular basis
- Milk of Magnesia (occasional use)
- Colace (docusate sodium) - stool softener

## DIARRHEA

- Imodium AD (loperamide)
- BRATT diet (bananas, rice, applesauce, tea, toast)
- Clear liquids for 24 hours

## HEMORRHOIDS

- Anusol suppository or ointment
- Preparation-H
- Tucks pads (to use externally)
- Avoid constipation

## NAUSEA/VOMITING

- Eat small frequent meals, dry crackers first thing in the morning
- Ginger snaps
- Ginger Ale
- Bonine (meclizine)\*
- Benadryl (diphenhydramine)\*
- Dramamine (dimenhydrinate)\*
- Emetrol liquid
- Unisom (doxylamine)\*

## DRY SKIN/RASH

- Lubriderm or Eucerin lotion
- Calamine Lotion
- Aveeno Oatmeal bath
- Hydrocortisone 1% cream
- Benadryl (diphenhydramine)\*
- If lasts longer than 3 days, call office

## DIFFICULTY SLEEPING

- Warm bath
- Warm milk before bed
- Hot chamomile tea
- Tylenol PM (occasional use)\*

The name in (parenthesis) is the generic form of each medication. An \* indicates that the medication may cause drowsiness.

WOMEN'S SPECIALISTS  
of New Mexico, Ltd.

Obstetrics | Gynecology | Birth Control  
Menopause | Laser and Cosmetics

201 Cedar SE, Suite 5640 | 4640 Jefferson Lane NE  
6320 Riverside Plaza Lane NW, Suite A

**505-843-6168**

[www.wsnm.org](http://www.wsnm.org)

Please call our office first with concerns:  
Monday – Friday 8:00am to 5:00pm

**After hours:**

please call our office and listen to the prompt – you will be connected to our answering service.

**IN CASE OF EMERGENCY, CALL 911**