



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

**Note:** Take each medication as directed on the package. If you have questions, please speak with your doctor or midwife.

## ALLERGIES

- Claritin (loratidine)
- Zyrtec (cetirizine)
- Allegra (fexofenadine)
- Flonase (fluticasone)

## NASAL CONGESTION

- Mucinex (guaifenesin)
- Saline nasal spray
- Cool mist humidifier
- Flonase (fluticasone)
- Afrin (oxymetazoline)

## COUGH

- Cough drops
- Delsym (dextromethorphan)
- Cool mist humidifier
- Honey or tea with honey

## PAIN

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

## SORE THROAT

- Warm salt gargle
- Chloraseptic spray
- Throat lozenges
- Honey or tea with honey

## INDIGESTION/ HEARTBURN/GAS

- Tums
- Pepcid (famotidine)
- Prilosec (omeprazole)
- Mylanta
- Gas-X (simethicone)

## CONSTIPATION

- Increase water
- Increased fruits and vegetables
- Fiber supplement
- Miralax (polyethylene glycol)
- Colace (docusate)

## HEMORRHOIDS

- Preparation-H
- Tucks pads
- Anusol suppository
- Avoid constipation

## NAUSEA/VOMITING

- Eat small frequent meals
- Eat dry crackers first thing in the morning
- Ginger products
- Unisom (doxylamine) plus Vitamin B6

## DIARRHEA

- Imodium AD (loperamide)
- Bland diet
- Gatorade or Pedialyte

## DRY SKIN/RASH

- Aquaphor
- Vaseline
- Oatmeal bath
- Hydrocortisone 1% cream
- Benadryl (diphenhydramine)

## DIFFICULTY SLEEPING

- Warm bath
- Unisom (doxylamine)
- Magnesium oxide
- Chamomile tea

Scan the QR code for the link to all the information you need regarding pregnancy at WSNM



**505-843-6168**

Please call our office first with concerns:  
Mon-Fri 8am to 5pm

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**



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