



Over-the-counter OB Medication Safe List

Follow manufacturer's package instructions unless otherwise specified on this list

If symptoms do not improve with the following recommendations, contact the office

Morning sickness

Vitamin B6 25mg 3-4 times per day
Dramamine
Emetrol
Unisom Sleep Tablets (Doxylamine Succinate) 25mg.
May take ½ tab to 1 tab at night.
Anything Ginger (snaps, tea, lozenges, chews...)

Headaches

Sleep/Nap
One serving of caffeine
Tylenol

Indigestion

Tums
Mylanta
Maalox
Rolaids
Simethicone/Gas-X
Zantac 150mg up to 2 times per day
Pepcid OTC **OR** Prilosec OTC

Constipation

Colace 100-200mg daily
Milk of Magnesia
Metamucil
Fibercon
Miralax
Any OTC glycerin suppository

Yeast Infection

Monistat-7
Vagisil (external use only)

Hemorrhoids

Tucks pads
Sitz baths
Preparation H cream or suppository
Anusol cream or suppository

Diarrhea

Immodium (plain or AD)

Rash/Itching

Calamine lotion
Benadryl cream/spray or pill
Hydrocortisone 1% cream/ointment
Oatmeal bath
Cool shower

Insomnia

Unisom
Benadryl **OR** Tylenol PM

Allergies and Colds

At least 64oz of water intake per day
Cough drops
Saline nasal spray (NOT Afrin)
Saline eye drops
Humidifier
Chlor-Trimeton, Tavist
Dimetapp
Robitussin (plain or DM)
Triaminic
Claritin, Zyrtec, Allegra
Benadryl
Mucinex Expectorant 600mg

The following is safe to use after 14 weeks and with no history of or current evidence of high blood pressure:

Claritin D, Sudafed, Actifed, Drixoral, Tylenol Sinus & Headache

Miscellaneous

*A tuberculin skin test (PPD) may be performed anytime in pregnancy by your employer or primary care physician if indicated for employment or recommended by our office.

*May continue current regimen of OTC probiotics
*If not allergic, the following commonly prescribed antibiotics are considered safe to use during pregnancy: Erythromycin, Nitrofurantoin (Macrobid), Clindamycin, Amoxicillin, Ampicillin, Penicillin, Azithromycin (Zpack)