

### Safe Non-Prescription Medications During Pregnancy

Symptoms	Medications
Allergies	Claritin (plain, not Claritin-D), Tylenol Allergy-Sinus, Zyrtec, Benadryl
Chest Congestion	Sudafed, Actifed
Colds	Contac, Sinutab
Constipation	Colace, Metamucil, Citrucel, Fibercon, Benefiber, Ducolax, Milk of Magnesia, Pericolace
Coughs	Robitussin DM, Mucinex (plain, not Mucinex-D)
Diarrhea	Kaopectate, Imodium
Gas	Gas-X, Mylicon
Headaches	Tylenol, Extra Strength Tylenol, Tylenol Migraine, Excedrin Tension (aspirin-free)
Heartburn	TUMS, Mylanta, Maalox, Gaviscon
Hemorrhoids	Preparation H Ointment with Cortisone, Tucks Pads
Insomnia	Unisom, Tylenol PM, Benadryl
Motion Sickness	Dramamine
Nausea/Vomiting	Dramamine, Flat Coke or Ginger Ale, peppermint Vitamin B6 & Unisom Directions: Take Vitamin B6 25mg 3 times a day along with Unisom 25 mg at bedtime. May take an additional ½ Unisom (12.5mg) once in the morning as needed.
Yeast Infection	Monistat 3 or 7 day