



Safe Over the Counter Medications Approved for Pregnancy

COLD/ALLERGIES/HAY FEVER:

Chlortrimeton Robitussin Plain EmergenC Mucinex
Claritin Benadryl Zyrtec Rhinocort

CONSTIPATION:

Colace Milk of Magnesia Surfak
Metamucil

DIARRHEA:

Imodium Kaopectate

GAS:

Simethicone

HEADACHE:

Tylenol

HEARTBURN:

Gaviscon Tagamet Tums
Pepcid Prilosec

HEMORRHOIDS:

Dermoplast Preparation H Witch Hazel
or HC

IRON SUPPLEMENT:

Slow Fe

NAUSEA:

Vitamin B-6 10-25mg Unisom 25mg
3-4 times a day tab ½ tablet up
to 3-4 times a day

Please call **(970) 493-7442** if you have any questions.