



## 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    Miralax  
Metamucil

### **DIARRHEA:**

Imodium    Kaopectate

### **GAS:**

Simethicone

### **HEADACHE:**

Tylenol    Benadryl

### **HEARTBURN:**

Pepcid    Tagamet    Tums  
Prilosec

### **HEMORRHOIDS:**

Dermoplast    Preparation H or HC    Witch Hazel  
Tucks Pads

### **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.