

The following list includes medications that are generally felt to be safe during any gestation in pregnancy. All these can be purchased over-the-counter without a prescription.

Congestion/Sinus Drainage/ Allergies/Hayfever	Sudafed-PE, Tylenol Sinus, Chlortrimeton, Clartin, Benadryl, Acifed, Nasalcrom, Dimetapp, Allerest, Dimetane, Drixoral, Nyquil, Tavist-1, Triaminic, Zyrtec, Mucinex, Allegra, Loratidine, Neil Med Sinus Rinse, Flonase Nasal Spray, Nedi Pot
Constipation	Surfak, Fibercon, Metamucil, Citrucel, Konsyl, Benefiber, prunes or prune juice, Miralax, Fiber Sure, Align probiotics
Cough	Robitussin, any cough drop, Vicks 44, Chloraseptic, Mucinex, Delsym
Diarrhea	Imodium
Gas	Mylicon 80, Simethicone
Headache/Fever	Tylenol or Extra Strength Tylenol, Acetaminophen
Heartburn	Maalox, Mylanta, Tums Pepcid AC, Gas-X, AXID AR, Prilosec OTC, Rolaids, Nexium, Prevacid
Insomnia	Unisom, Benedryl
Hemorrhoid	Tucks pads, Anusol, HC, Preparation H and Hemorid
Nausea/Vomiting	Unisom, Vitamin B6, Ginger, Meclizine, Relief Band, Ginger Ale
Sore Throat	Cepacol throat lozenges, Chloroaseptic Spray, Cepastat, salt water gargle
Yeast Infection	Femstat 3, Gyne-Lotrimin, Mycelrx-7, Monistat 3 or 7, Vagistat-1 (no matter which is used, it will take 3-7 days to see symptom resolution). Do not use Vagisil.