



OVER THE COUNTER MEDICATIONS IN PREGNANCY

ALLERGIES	Clortrimeton, Tavist, Sudafed, Alavert, and Claritin (<i>NOT Claritin D</i>) after 12 weeks.
CONSTIPATION	Increase water intake, Add fiber to diet. Metamucil/Fiberall, FiberCon, Colace (docusate) 2-3 x daily. Call if no relief.
FLU	Nothing by mouth until 2 hours without vomiting. Clear liquid diet x 24 hours BRAT Diet: Bananas, rice, toast, applesauce Avoid dairy products for 72 hours from last episode of diarrhea, except for plain yogurt. Immodium for diarrhea
GAS	Mylicon (simethicone), Gas-X, Phazyme
HEADACHE	Tylenol (acetaminophen). Call if more severe.
HEARTBURN	Tums, Maalox, Mylanta
HEMORRHOIDS	Preparation H. Anusol HC, Tucks. Cream for external. Suppositories for internal.
NAUSEA	Refer to Nausea & Vomiting handout Eat small/frequent meals B-6, 50 mg with every meal Unisom Sleep Aide, try ½ tab at bed time first, then A.M. and P.M. Emetrol (if vomiting)
MOTION SICKNESS	Bonine, Dramamine
UPPER RESPIRATORY INFECTION/COLD	Tylenol, plain or extra strength. Increase fluids, especially warm fluids (herbal tea). Sudafed for congestion * <i>only after 12 weeks of pregnancy</i> . Robitussin or Triaminic for cough (plain formulas). Throat lozenges (Luden's, Sucrets, Halls, etc). Saline nasal sprays (Ocean, NaSal), Vick's Vaporub. Increase humidity in room. Call if oral temperature is 100.6 or higher.