



## **Health Care for Women OVER-THE-COUNTER MEDICATIONS FOR USE IN PREGNANCY**

We have compiled this list of over-the-counter medications that have not been associated with increased risk during pregnancy if taken as directed. Although brand names are listed, the generic equivalent is acceptable to use. Please follow package directions for dosages and frequency of use. If symptoms persist or worsen, notify the office. If you develop a fever greater than 101 degrees, please call immediately.

- **ALLERGIES** Benadryl, Claritin, Zyrtec, Sudafed
- **ANEMIA** Ferrous Sulfate (FeSO<sub>4</sub>) 300mg or 325mg + Vitamin C
- **CALCIUM** Tums, Rolaids, Calcium Carbonate
- **CONSTIPATION** Milk of Magnesia, Metamucil, Colace, Surfak, Miralax
- **COUGH / COLD** Robitussin DM, Tavist, Dayhist, Benadryl (>13 weeks), Sudafed
- **DIARRHEA** Immodium AD
- **FEVER** Regular/ Extra Strength Tylenol (Acetaminophen)
- **HEADACHE** Regular/ Extra Strength Tylenol (Acetaminophen)
- **HEARTBURN** Mylanta, Gaviscon, Maalox, Tums, Rolaids, Pepcid AC, Zantac
- **HEMORRHOIDS** Anusol, Preparation H, Tucks
- **LEG CRAMPS** Vitamin B complex, Vitamin E, Benadryl (>13 weeks)
- **MINOR ACHES/PAIN** Regular/ Extra Strength Tylenol (Acetaminophen)
- **NASAL CONGESTION** Actifed, Sudafed, Chlortrimeton, Benadryl (>13 weeks), Mucinex, Ocean Spray
- **NAUSEA/ VOMITING** Emetrol, Dramamine, Antivert, Unisom (25mg) + Vit B6 (25mg)
- **ITCHY SKIN** Hydrocortisone 1% cream (use sparingly), Benadryl (>13 weeks)
- **SORE THROAT** Cepacol Lozenges, Chlorisepic Spray, Cough Drops
- **YEAST INFECTION** Monistat, Gyne-Lotrimin, FemStat, Mycelex



## Health Care for Women MEDICAMENTOS DE VENTA LIBRE PARA USO DURANTE EL EMBARAZO

Hemos recopilado esta lista de medicamentos de venta libre que no se han asociado con mayor riesgo durante el embarazo si se toman como se indica. Aunque se enumeran los nombres de marca, es aceptable el uso del equivalente genérico. Por favor, siga las instrucciones del envase para la dosis y frecuencia de uso. Si los síntomas persisten o empeoran, notifique a la oficina. Si desarrolla fiebre mayor de 101 grados, por favor, llame inmediatamente.

- **ALERGIAS** Benadryl, Claritin, Zyrtec, Sudafed
- **ANEMIA** Ferrous Sulfate (FeSO<sub>4</sub>) 300mg o 325mg + Vitamina C
- **CALCIO** Tums, Roloids, Calcium Carbonate
- **ESTREÑIMIENTO** Leche de Magnesia, Metamucil, Colace, Surfak, Miralax
- **TOS / RESFRIADO** Robitussin DM, Tavist, Dayhist, Benadryl (más de 13 semanas), Sudafed
- **DIARREA** Immodium AD
- **FIEBRE** Regular/ Extra Strength Tylenol (Acetaminophen)
- **DOLOR DE CABEZA** Regular/ Extra Strength Tylenol (Acetaminophen)
- **ACIDEZ (AGRURAS)** Mylanta, Gaviscon, Maalox, Tums, Roloids, Pepcid AC, Zantac
- **HEMORROIDES** Anusol, Preparation H, Tucks
- **CALAMBRES EN LAS PIERNAS** Complejo de vitamina B, Vitamina E, Benadryl (más de 13 semanas)
- **DOLENCIAS MENORES / DOLOR** Regular/ Extra Strength Tylenol (Acetaminophen)
- **CONGESTIÓN NASAL** Actifed, Sudafed, Chlortrimeton, Benadryl (>13 weeks), Mucinex, Ocean Spray
- **NÁUSEA / VÓMITOS** Emetrol, Dramamine, Antivert, Unisom (25mg) + Vit B6 (25mg)
- **COMEZÓN EN LA PIEL** Crema Hydrocortisone 1% (usar moderadamente), Benadryl (más de 13 semanas)
- **DOLOR DE GARGANTA** Cepacol Lozenges, Chloriseptic Spray, Cough Drops
- **INFECCIÓN VAGINAL POR HONGO** Monistat, Gyne-Lotrimin, FemStat, Mycelex