

## **Physicians for Women of Greensboro**

### **OVER THE COUNTER MEDICATION IN PREGNANCY & BREASTFEEDING**

Only take medications when necessary during pregnancy, especially in the first 14 weeks. Please call our office or speak to the pharmacist if you have any questions. You should notify all healthcare providers that you are pregnant prior to treatment or prescribing medications.

#### COLD / ALLERGY:

Any Tylenol products or generic equivalent – read box for symptoms, Drixoral, Triaminic, Chlortrimeton, Benadryl, Dimetapp, Zyrtec, Claritin, Zicam, (Bromphenamine, Chlorphenamine, Diphenhydramine), Breathe Right Strips, Vicks Vapor Rub, nasal sprays (Afrin, Dristan, 4-Way, Flonase, saline), humidifier, Tavist, Neti Pot

#### COUGH / SORE THROAT:

Limited use (3-5 days): Robitussin DM (Dextromethorphan, Guaifenesin), Mucinex, Delsym. Chloraseptic spray, Cough drops/lozenges, saltwater gargles, Zinc Lozenges

#### DIARRHEA:

Imodium AD, Lomotil

#### HEMORRHOIDS:

Preparation H, Anusol, Tucks, sitz baths

#### LAXATIVES / STOOL SOFTENERS:

Colace, Surfak, Dulcolax (Docusate Sodium), Correctol, ExLax (Phenolphthalein) Milk of Magnesia, Metamucil, Citrucel, Fibercon (fiber), Fleets Enema, Magnesium Citrate, Miralax

#### PAIN / HEADACHES:

Tylenol (Acetaminophen)

**NOT RECOMMENDED IN PREGNANCY** – Aspirin, Ibuprofen (Advil, Motrin), Naprosyn, Anaprox, Aleve, Midol  
Medications/NSAIDS listed above are acceptable to take while breastfeeding

#### STOMACH / GAS:

First try: Mylanta, Maalox, Roloids, Tums, Tagamet. If no relief, try Pepcid AC, Prilosec

**DO NOT TAKE PEPTO BISMOL**

#### TOPICAL:

Limited use: Clearasil, Oxy 10 (Benzoyl Peroxide), Insect Repellants (limit DEET)  
Anbesol, Americaine (Benzocaine), Hydrocortisone, Neosporin, Anti-fungal creams

#### YEAST INFECTION:

Monistat, Gyne-Lotrimin, Mycelex

#### NAUSEA / VOMITING:

Sometimes referred to as Morning Sickness. You need to eat frequent, small meals (3-6 per day). Drink liquids between meals instead of with foods. Avoid foods with strong odors and fatty, fried, or spicy foods. Before you get out of bed in the mornings, eat a few crackers, a hand full of dry cereal, popcorn, or plain toast. Get up slowly and avoid sudden movements. Eat a light snack which includes both carbohydrates and protein before going to bed. Ginger ale can also be helpful. You can try Emetrol or Unisom tablets at night with 50mg of vitamin B6, may repeat ½ Unisom with 50mg of vitamin B6 in the morning and again at 4:00pm if needed. If it continues, gets worse, you are unable to keep anything down or feel dehydrated, you can call the office for a prescription.

After 20 weeks gestation, hair dyes, hair permanents and self-tanning lotions are probably acceptable.

Avoid using any products with Retinol or Salicylic Acid during pregnancy