



Carolina Elite Women's Care P.A.
Elite Care for the Elite You

OTC (Over the Counter) Medicines During Pregnancy

Congestion, runny nose

Allegra, Benadryl, Claritin, Flonase, Mucinex, Nasacort, Saline Nasal Spray, Sudafed, Zyrtec, Humidifier, Robitussin, Tylenol (cold and flu)

Constipation

Milk of Magnesia, Dulcolax, Fleets Enema, Miralax, Metamucil, Fibercon, Colace 100-200mg daily

Cough

Robitussin DM

Diarrhea

Imodium

Headaches, pain, & fever

Tylenol only

Hemorrhoids

Anusol, Preparation H, Sitz baths, Tucks pads

Insomnia

Benadryl or Tylenol PM

Indigestion

Mylanta, Tums, Zantac 150mg twice daily, Prilosec, Gas X

Nausea

Emetrol, Vitamin B6 25 mg, 2-4 times per day, Unisom 25mg daily, Ginger (tea, lozenges)

Skin Rash or Itching

1% Hydrocortisone Cream, Benadryl Cream, Oatmeal Bath, Calamine Lotion

Sore throat

Lozenges

Yeast infection

Monistat 7