

ARBORETUM OBSTETRICS & GYNECOLOGY
OVER-THE-COUNTER TREATMENTS FOR PREGNANT PATIENTS

Common Cold/ Allergy

Chlor-Trimeton
Sudafed (regular strength)
Tylenol (all products)
Benadryl
Mucinex
Zyrtec
Claritin/ Claritin D

Constipation

Activia Yogurt
Fibercon
Glycerin suppositories
Metamucil (powder/ tablets)
Milk of Magnesia
Citrucel (powder/ tablets)
Benefiber (powder/ tablets)

Cough

Halls cough drops (any cough drops)
Robitussin
Triaminic
Cepacol Lozenges

Diarrhea

Imodium A-D
Kaopectate
NO Pepto Bismol

Headache

Tylenol (all products)
NO Aspirin Products (Goody Powder, etc.)

Hemorrhoids

Preparation H
Tucks Pads

Indigestion/Heartburn

Maalox
Mylanta
Pepcid (All Forms)

Zantac (75 or 150)

Leg Cramps

Calcium

Magnesium

Sleep

Benadryl

Tylenol PM

Unisom (also used for hyperemesis)

Sore Throat

Cepacol throat lozenges

Tylenol (all products)

Yeast Infection

Monistat