



OVER THE COUNTER MEDICATIONS APPROVED FOR PREGNANCY & NURSING

<u>Allergies & Congestion:</u>	Sudafed & Benadryl
<u>Cough:</u>	Robitussin, any kind of over the counter cough medicine
<u>Constipation:</u>	Metamucil, Fibercon, Senokot-S, Surfak, Colace
<u>Dental Work:</u>	Novacaine, Locals with Epinephrine X-ray with shield and only if needed)
<u>Headache:</u>	NO Aspirin, Aleve, Motrin, Advil, or any Ibuprofen containing drug Tylenol maybe used for treatment of headache pain.
<u>Hemorrhoids:</u>	Tucks, Preparation H, or any over the counter hemorrhoid preparation
<u>Heartburn/Indigestion:</u>	Maalox, Mylanta, Rolaid, Tums, and Pepcid
<u>Itching:</u>	Aveeno, Cortaid cream, Benadryl cream or spray, Calamine
<u>Leg Cramps:</u>	Calcium supplements- All types (Oscal, Caltrate, etc.)
<u>Nausea:</u>	Vitamin B6 (10-25mg), Apricot/Peach/pear Nectar, Crackers, Small Frequent meals, Cola beverage (without carbonation)
<u>Sore Throat:</u>	Chloroseptic Spray, Tylenol
<u>Yeast Infection:</u>	Mycolog, Monistat (any form, use as directed...please use applicator cautiously)
<u>Flu Shot:</u>	After 13 weeks of pregnancy, you may get the flu shot

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