

Medications that Are Safe during Pregnancy

Women who are between four and 12 weeks pregnant may safely take the following over-the-counter medications. Follow all directions on the container for adult dosage/use.

Problem	Over the Counter	Call Your Care Provider for:
Morning sickness	Vitamin B6: take 50 mg/day to start; if not helpful, increase by 50 mg 2 to 4 times/day until you reach a total of 200 mg/day. Do not take more than 200 mg each day. Increase fluids.	Persistent vomiting; weight loss or inability to tolerate fluids for 24 hours
Mild headaches / general aches & pains	Try comfort measures. Acetaminophen (Tylenol) as directed	Severe and/or persistent headaches
Nasal congestion due to a cold, sinusitis or allergies	Ocean Mist nasal spray	

Women who are more than 12 weeks pregnant may safely take the following over-the-counter medications. Follow all directions on the container for adult dosage/use.

Problem	Over the Counter	Call Your Care Provider for:
Nasal congestion due to a cold, sinusitis or allergies	Sudafed, Afrin nasal spray, Ocean Mist nasal spray	
Cough due to minor throat irritation	Robitussin (or other brand of Guaifenesin), Robitussin DM or non-alcohol cough syrup (not to exceed 1 week's use)	Persistent cough
Nasal congestion and cough	Triaminic DM (or other brand of alcohol-free and antihistamine-free decongestant and antitussive)	
Sore throat	Alcohol-free lozenges, such as Chloraseptic	Severe or persistent sore throat
Mild to moderate diarrhea	Donnagel chewable tablets, Kaopectate, Immodium	Diarrhea that persists for two days, is accompanied by a fever or is severe
Constipation	Metamucil, Milk of Magnesia, Senokot, Surfak	Severe straining
Heartburn	Maalox, Mylanta, Tums, Gaviscon or papaya tablets taken with meals	No relief
Gas	Papaya tablets with meals, capsules of activated charcoal, Gas-X, Gelusil	
Hemorrhoids	Chilled witch hazel packs, sitz baths, Anusol HC, Prep H	Bleeding or severe pain
Insomnia	Catnip tea, warm bath and a good book! 50 mg vitamin B6, warm milk and a turkey sandwich	