

Women's Health Center of Oregon

Over-the-Counter Medication During Pregnancy

Some drugs should not be taken during pregnancy. The following list contains medications that are recommended only as needed by your healthcare providers. During your pregnancy, you should try to avoid any medication, especially during the **FIRST** trimester (12 weeks), unless it is prescribed or approved by a physician/nurse practitioner who knows you are pregnant. If you have any questions, you should call our office.

Since any medicine or over-the-counter preparation is potentially unsafe, let us know about any medicine that you are taking (including prescription medicine, herbal or dietary supplements). Be sure to take all medication as directed. Again, if you have any problems, call us.

Problem	Medication	Precaution (Call Provider)
Headache	Tylenol, acetaminophen. Avoid aspirin, ibuprofen (Advil, Nuprin).	Severe and/or persistent headache.
Colds/Nasal Congestion	FIRST rest and drink plenty of fluids. Use a vaporizer. If you need medication, use Tylenol for aches & fever. Ocean Mist Nasal Spray, Afrin Nasal Spray (for 2-3 days only).	Fever over 101°. Persistent cough.
Cough	Robitussin DM or equivalent (non-alcohol) with Guaifenesin.	Fever over 101°. Persistent cough.
Sore Throat	Lozenges that are alcohol-free, such as Chloraseptic.	Severe/persistent sore throat, fever over 101°.
Constipation	FIRST increase fluids, high fiber foods & exercise. Metamucil, Fiber-All, Citrucel, Colace, Milk of Magnesia.	Severe straining.
Mild-Moderate Diarrhea	Drink plenty of clear liquids; Donnagel, Imodium.	Diarrhea that persists for more than 24 hours, is accompanied by fever or is severe. No Pepto-Bismol, no Kaopectate.
Indigestion/Gas	Tums, Riopan, Mylanta, Maalox, Papaya Enzyme with meals, Zantac, Pepcid AC.	
Hemorrhoids	Chilled Witch Hazel Packs (Tucks), sitz baths, Preparation H, Anusol.	Bleeding or severe pain.
Nausea/Vomiting	Vitamin B6, 10 mg-25 mg tablets, 3-4 times/day, along with Unisom 12.5 mg with each B6 dose. Ginger Root or Raspberry tea, bio-bands. See separate sheet.	Persistent vomiting, weight loss or inability to tolerate fluids for 24 hours.
Insomnia	Catnip tea, warm bath, a good book, Vitamin B6 50 mg, warm milk, turkey sandwich.	
Seasonal Allergies	Actifed, Chlor-Trimeton, Benadryl, Coricidin, Tylenol Allergy, Claritin, Zyrtec, Flovent, Intal, Rhinocort, Tavist, Nasalcrom, Alavert, Alocril.	Don't use Allegra.
Vaginal Yeast	Monistat-7 Cream, Gyne-Lotrimin-7 Cream.	Symptoms not improving.