



Approved Over the Counter Medications for Common Pregnancy Issues

Pain: Tylenol

Itching: Benadryl, Topical Caladryl lotion, Aveeno Products

Nausea & Vomiting: Tums (regular or sugar free), Zantac, Mylanta (Liquid & Tablets), Maalox (regular or plus)

Allergies: Benadryl, Zyrtec, Claritin (Plain Claritin)

Flatulence: Mylicon

Vaginal Yeast: Monistat, Gyne-Lotrimin

Common Colds: Robitussin (regular, sugar free or DM)

Constipation: Increase oral fluid intake, increase fiber intake (bran, green vegetables, apples), Colace, Dulcolax, Metamucil (regular or sugar free), Milk of Magnesia, Peri Colace

Diarrhea: Kaopectate, Imodium

Hemorrhoids: Anusol HC, Preparation H (Cream/Suppositories)

Topical Yeast (Skin): Monistat Cream, Mycostatin Powder, Nystatin Powder