

Over the Counter Medications That Are Safe to Use During Pregnancy

The recommended adult dosage listed on the package of these medications should be used - do not exceed the recommended dosage. If any of these symptoms persist, or worsen, they should be reported to your practitioner (503) 233-6940.

***DO NOT TAKE IBUPROFEN/ADVIL/MOTRIN DURING PREGNANCY WITHOUT CONSULTING WITH YOUR PHYSICIAN.**

Nausea (increase fluids)

*Vitamin B6: take 50 mg a day to start; if not helpful, increase by 50 mg 2 to 4 times a day until you reach a total of 200 mg a day. Do not take more than 200 mg each day.

*Ginger or *Papaya

Mild Headaches, General Aches & Pains, Fever –

*Acetaminophen [Tylenol: Regular or Extra Strength (ES) may be used] 500-1,000 mg per dose.

If a fever of 101(*f), or higher, does not decrease with Acetaminophen, please call your practitioner.

Heartburn/Indigestion

*Tums

*Mylanta

*Rolaids

*Papaya tablets taken with meal

*Maalox

Gas

*Gas-X

*Activated Charcoal capsules

*Gelusil

*Papaya tablets taken with meals

Constipation (increase fiber and water intake)

*Citrucel

*Metamucil

*Flax Seed (ground)

*Milk of Magnesia

Diarrhea

*Imodium AD

Hemorrhoids

*Anusol HC

*Chilled Witch Hazel Pads

*Sitz Baths

Allergies- utilize a Netipot or a NeilMed bottle for saline nasal wash

*Ocean Mist Nasal Spray

*Chlortrimeton

*Claritin

*Beconase

*Benadryl

*Zyrtec

Congestion, Sinusitis, or Viral Cold

*Afrin Nasal Spray (maximum 6 doses)

*Mucinex

*Ocean Mist Nasal Spray

*alcohol-free and antihistamine-free decongestant

*Sudafed

Cough & Sore Throat

Try warm salt water gargles.

*alcohol-free lozenges

*alcohol-free chloraseptic spray

*Plain Guaifenesin (Robitussin DM, Triaminic DM, or any non-alcohol cough syrup) - not to exceed one week.

Insomnia

Try relaxing with a book, taking a warm bath, warm milk, or a turkey sandwich.

*Vitamin B6, 50 mg

*Lemon Balm

*Catnip Tea

*Valerian