

# Medications in Pregnancy

<b>CONSTIPATION:</b>	Colace, Surfak, Senekot, Metamucil, Fibercon, and Citracel. You may use Miralax, Milk of Magnesia, Dulcolax, or glycerin suppositories
<b>DIARRHEA:</b>	Immodium or Kaopectate
<b>HEMORROIDS:</b>	Tucks, Anusol, Preparation H, and Americaine ointments
<b>HEART BURN:</b>	Tums, Mylanta, Maalox, Pepcid, or Zantac
<b>NASAL CONGESTION:</b>	Claritin, Claritin D, Tylenol Cold-Sinus, Benadryl, Ocean Nasal spray
<b>SORE THROAT:</b>	Gargle 1 tsp salt dissolved in 8 oz warm water, throat lozenges, chloraseptic spray
<b>COUGH:</b>	Robitussin CF or DM, Cough drops
<b>PAIN / HEADACHES:</b>	Tylenol or Extra-Strength Tylenol
<b>LEG/CALF CRAMPS:</b>	Calcium 500 mg twice per day
<b>NAUSEA:</b>	Vitamin B6 75 mg plus ½ tab Unisom at bedtime
<b>ALLERGIES:</b>	Claritin, Zyrtec, Allegra, Benadryl, Tylenol Sinus

These are only suggestion of Over-the-Counter products that are safe to use during pregnancy. Use only as directed on the package unless otherwise instructed by physician.

Please inform our office if you are taking prescription medications from another doctor or dentist or if you develop a medical condition during your pregnancy before taking any of these Over-the-Counter products.