

Over the counter Medications you can take in pregnancy

Nausea

- Vitamin B6
- Ginger tea/root

Cold/Fever

- Tylenol
- Robitussin
- Sudafed

Sore Throat

- Throat lozenges
- Chloroseptic throat spray

Headache

- Tylenol
- DO NOT TAKE MOTRIN, ALEVE, ADVIL

Seasonal Allergies

- Benadryl
- Claritin

Constipation

- Metamucil
- Colace
- Surfak
- Milk of Magnesia

Diarrhea

- Immodium

Heartburn/Indigestion

- Maalox
- Tums
- Mylicon

Hemorrhoids

- Preparation H ointment/suppository
- Anusol
- Tucks pads

