

## Medications that Are Safe during Pregnancy

**Women who are between four and 12 weeks pregnant may safely take the following over-the-counter medications. Follow all directions on the container for adult dosage/use.**

Problem	Over the Counter	Call Your Care Provider for:
Morning sickness	Vitamin B6: take 50 mg/day to start; if not helpful, increase by 50 mg 2 to 4 times/day until you reach a total of 200 mg/day. <b>Do not take more than 200 mg each day.</b> Increase fluids.	Persistent vomiting; weight loss or inability to tolerate fluids for 24 hours
Mild headaches / general aches & pains	Try comfort measures. Acetaminophen (Tylenol)	Severe and/or persistent headaches
Nasal congestion due to a cold, sinusitis or allergies	Ocean Mist nasal spray	

**Women who are more than 12 weeks pregnant may safely take the following over-the-counter medications. Follow all directions on the container for adult dosage/use.**

Problem	Over the Counter	Call Your Care Provider for:
Nasal congestion due to a cold, sinusitis or allergies	Sudafed, Afrin nasal spray, Ocean Mist nasal spray	
Cough due to minor throat irritation	Robitussin (or other brand of Guaifenesin), Robitussin DM or non-alcohol cough syrup (not to exceed 1 week's use)	Persistent cough
Nasal congestion and cough	Triaminic DM (or other brand of alcohol-free and antihistamine-free decongestant and antitussive)	
Sore throat	Alcohol-free lozenges, such as Chloraseptic	Severe or persistent sore throat
Mild to moderate diarrhea	Donnagel chewable tablets, Kaopectate	Diarrhea that persists for two days, is accompanied by a fever or is severe
Constipation	Metamucil, Milk of Magnesia	Severe straining
Heartburn	Maalox, Mylanta, Tums	No relief
Gas	Papaya tablets with meals, capsules of activated charcoal, Gas-X, Gelusil	
Hemorrhoids	Chilled witch hazel packs, sitz baths, Anusol HC	Bleeding or severe pain
Insomnia	50 mg vitamin B6, warm milk and a turkey sandwich	