

Over the Counter (OTC) Medication Approved During Pregnancy

Cold and Sinus Preparation (as directed)

- Robitussin
- Tylenol Cough (Cold Multi-System Relief)
- Tylenol Cold and Cough
- Theraflu
- Sine-Aid
- Sudafed
- Tylenol Allergy & Sinus (Night-Time and Maximum Strength)
- Safe Tussin & Diabe-Tuss (Sugarfree preparations that may be used by diabetic patients)

Heartburn (as directed)

- Tums
- Maalox
- Mylanta
- Pepcid AC

Nausea (as directed)

- Sea Band Wrist Bands
- B6 Vitamin
- Ginger

Pain Relievers (as directed)

- Extra Strength Tylenol

Anti diarrheals (as directed)

- Imodium

Yeast Infections

- Monistat (at bedtime for 5-7 nights, as directed)

Stool Softeners

- Colace (100mg 2 tablets daily, as directed)

Please note: This list contains common OTC preparations that may be safely used during pregnancy. Always remember these medications may have significant interactions with other medications. If you are on other medications (prescriptions or OTC), please speak with your health care provider to ensure this list is safe for your use.