

**Over the Counter Medications During Pregnancy**

**General Information**A good rule of thumb is to take as little medication as possible during pregnancy. This is especially true in the first trimester. Most medications have not been rigorously studied in pregnant women, and therefore the information we have on them is merely observational. Some over the counter medications can be dangerous in pregnancy, so it is always important to check with your doctor if you have any questions. That being said, some conditions may warrant treatment with over the counter medications. The following is a list of medication that are reasonably safe in pregnancy.

**Pain or Fever**  
Acetaminophen (Tylenol) is fever reducer and pain reliever of choice. Do not exceed 4,000 mg per day.

Ibuprofen and aspirin and other NSAIDS are not recommended in pregnancy – this includes Advil, Aleve, Naproxen, and Excedrin.

**Cold symptoms and cough**Saline nasal spray or saline irrigation is safe and effective (Neti Pot or Sinus rinse).

Chlorpheniramine (Chlor-Trimeton) is antihistamine of choice (for runny nose).

Pseudoephedrine (Sudafed) is the decongestant of choice. Avoid in the first trimester.

Nasalcrom OTC (nasal spray) – may help reduce severity of runny nose, congestion, good safety data in pregnancy.

Robitussin DM (Guaifenesin with dextromethorphan) and Delsym (dextromethorphan) – probably safe, but studies show that these are ineffective in the setting of cough from common cold.

**Allergy Symptoms**Claritin (Loratidine) and Zyrtec (cetirizine) are considered safe in pregnancy.

Nasalcrom OTC also safe, helps with nasal symptoms.

**Diarrhea**Kaopectate – this is antidiarrheal agent of choice in pregnancy.

Immodium is also considered safe, but avoid in the first trimester.

Pepto Bismol should be avoided.

**Heartburn**Avoid caffeine, high acid, high sugar, and high fat foods. Don’t overeat and avoid lying flat right after meals.

Aluminum hydroxide/magnesium hydroxide (Maalox), Tums, Rolaids, are safe.

Fomatidine (Pepcid) is a good option if the above are not effective.

**Constipation**Milk of Magnesia, Metamucil, Fibercon, Colace, Citrucel are all good options if dietary changes (increasing high fiber foods and water) and regular exercise are not effective.

**Yeast Infections (vaginal)**Miconazole (Monistat 3 or 7) and Clotrimazole (Gyne-Lotrimin 3 or 7) are safe.