**OVER THE COUNTER MEDICATIONS APPROVED FOR PREGNANCY**

The following is a list of over-the-counter medications that your doctors have approved for use during pregnancy. If you have diabetes or hypertension, some choices may not be appropriate.

**COMMON COLDS**

Increase oral fluids/cold mist humidifiers

* *4 way nasal spray*
* *Saline spray*
* Robitussin **(sugar free for diabetes)**
* *AYR nasal spray*
* Actifed
* *Chlor-Trimeton*
* *Coricidin*
* Delsym
* Dimacol Capsules
* Formula 44 Cough Control discs
* Formula 44D decongestant cough syrup
* **Mucinex DM**
* Sinex decongestant nasal spray
* Sudafed
* Sudafed chest patch (available in children’s strength)
* **Tussin-diabetic formula**
* **Sugar-free throat lozenges**
* *Throat lozenges*
* **Triaminic-diabetic cough formula**
* Triaminicol decongestant cough syrup
* Tylenol cold formula for sinus formula
* *Vicks cough silencers cough drops*
* *Vicks cough syrup, form 44E*

**NAUSEA AND VOMITING**

* **Ginger capsules 340 mg, 3 times per day orally**
* **Vitamin B-6, 25 mg tab, 3 times per day orally**
* **Unisom 25 mg tab. Can be cut in half and taken ½ tab 3 times per day orally**
* **Unisom 25 mg orally at night**
* **ReliefBand wrist band**

**CONSTIPATION**

Increase oral fluid and fiber intake (bran, green leafy vegetables, apples)

* **Colace**
* **Dulcolax tablets & suppositories**
* Metamucil
* **Metamucil sugar free**
* **Milk of Magnesia**
* **Modane**
* **Pericolace**
* **Psillium husk capsules**
* **Surfak**

**FLATULENCE**

* **Mylicon**

**PAIN**

* **Tylenol**

**HEARTBURN**

* Amphojel suppositories & tablets
* Gelusil
* Maalox, Maalox plus
* **Milk of Magnesia**
* Mylanta liquid & tablets
* Tums—up to 6 per day
* **Tums sugar free**
* **Zantac**

**ITCHING (all ok for DM)**

* **Benadryl**
* **Topical Caladryl lotion**
* **Aveeno bath salts**

**TOPICAL YEAST (all ok for DM)**

*SKIN*

* **Monistat cream**
* **Mycostatin powder**

*VAGINAL*

* **Monistat 5 day formula**
* **Gyne-lotrimin**

**HEMORRHOIDS (all ok for DM)**

* **Anusol HC**
* **Anusol suppositories & ointment**
* **Tucks pads**

If you have high blood pressure, choose items for common colds in ***italics.***

If you have diabetes (DM) choose medications without sugar—**bolded options.**