

What Over-the-Counter Medications/Therapies Can I Use During Pregnancy?

NAUSEA AND VOMITING / MORNING SICKNESS

- BRAT diet (bananas, applesauce, rice, and toast), bland foods
- Pyridoxine (vitamin B6) tablet 25 mg by mouth 3-4 times/day
- Doxylamine (Unisom) 12.5 mg tablet by mouth at bedtime (use caution when combining with diphenhydramine due to drowsiness)
- Ginger capsules 250 mg by mouth 4 times/day
- Acupressure wrist bands

Vitamin B6 usually comes in 100-mg tablets. To use the above dose of vitamin B6, use a pill cutter and cut the vitamin B6 tablet into **four pieces**.

If these medications are not helping or if you are unable to keep LIQUIDS down for 24 hours, please call your OB provider's office immediately.

ALLERGIES and HAY FEVER

- Saline nasal washes or sprays for nasal and sinus congestion
- Corticosteroid nasal spray fluticasone (Flonase)
- Cetirizine (Zyrtec), levocetirizine (Xyzal), or loratadine (Claritin) for seasonal allergies
- Diphenhydramine (Benadryl), for allergic reaction, rash, or itchy eyes
- Chlorpheniramine (Chlor-Trimeton) for runny nose

AVOID pseudoephedrine (Sudafed), phenylephrine (Sudafed-PE), and brompheniramine (Dimetane, Lodrane) products, including Zyrtec-D and Claritin-D. Please discuss all other medications not on this list with your OB provider prior to use.

FEVER

- Acetaminophen (Tylenol), Regular or Extra Strength, 1 to 2 tablets by mouth every 4 to 6 hours as needed
***DO NOT take more than 3 grams of acetaminophen in 24 hours.**

AVOID full-dose aspirin (325 mg) and ibuprofen (Advil, Motrin) products in pregnancy. If your OB provider has directed you to take low-dose aspirin (81 mg or 162 mg) daily during pregnancy due to a medical condition, please continue to take it as directed.

Call your OB provider's office if you have a fever greater than 100.4°F.

RESPIRATORY VIRAL ILLNESS (Influenza, RSV, and COVID-19)

The best way to prevent influenza, respiratory syncytial virus (RSV), and COVID-19 infection is to receive vaccines. Please discuss this with your primary OB provider.

Symptoms of influenza, RSV, and COVID-19 include:

- Fever/chills
- Cough
- Sore throat
- Runny or stuffy nose (loss of taste/smell with COVID-19)
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Vomiting/diarrhea

AVOID exposing others – stay home, wash hands, and wear a mask if going out.

CALL, DO NOT WALK-IN to your OB provider's office if you have these symptoms.

If you are diagnosed with Influenza and/or COVID-19, antiviral medications such as oseltamivir (Tamiflu), nirmatrelvir or ritonavir (Paxlovid), or remdesivir (Veklury) may be prescribed within 7 days of symptom onset and will be based upon the severity of symptoms and vaccination status.

SORE THROAT, NASAL AND SINUS CONGESTION, COUGH

- Saline nasal washes or sprays for nasal and sinus congestion
- Humidifier (be sure to rinse it daily and disinfect weekly, according to product instructions, to prevent growth of bacteria and mold)
- Throat lozenges (Sucrets, Cepacol, Ludens, or Halls)
- Dextromethorphan (Delsym) for cough
- Guaifenesin (Mucinex) for chest congestion
- Camphor/menthol (Mentholatum or Vicks Vaporub) externally to chest. ***DO NOT place this on your face or in/around your nose.**

AVOID cough medicine with pseudoephedrine (Sudafed) and phenylephrine (Sudafed-PE), do NOT use codeine for a cough without a prescription. Please discuss all other medications not on this list with your OB provider prior to use.

HEADACHES AND MIGRAINES

- Acetaminophen (Tylenol), Regular or Extra Strength, 1 to 2 tablets by mouth every 4 to 6 hours as needed
***DO NOT take more than 3 grams of acetaminophen in 24 hours.**
- Caffeine may help treat a migraine headache if used short term; caffeine less than 200 mg per day is generally considered safe in pregnancy

AVOID full-dose aspirin (325 mg) and ibuprofen products in pregnancy. If your OB provider has directed you to take low-dose aspirin (81 mg or 162 mg) daily during pregnancy due to a medical condition, please continue to take it as directed.

Call your OB Provider's office if your headache continues despite the above treatment options.

ANTIBIOTICS

Many antibiotics are safe in pregnancy. Only take antibiotics that have been prescribed by a licensed health care provider who is aware that you are pregnant.

HEARTBURN

- Aluminum hydroxide and magnesium hydroxide (Mylanta or Maalox)
- Calcium carbonate (Rolaids or Tums)
- Famotidine (Pepcid)

Call your OB provider's office if heartburn is not improved with the above medications.

YEAST INFECTIONS

- Miconazole (Monistat)
- Clotrimazole (Gyne-Lotrimin)
- Fluconazole (Diflucan) can be used with a prescription

Call your OB provider's office if your symptoms are not improved after using the complete course of vaginal creams, or after 3 days since taking fluconazole.

SLEEP PROBLEMS/INSOMNIA

- Daily exercise in the morning, preferably in the daylight
- Doxylamine (Unisom) 12.5 mg – 25 mg by mouth at bedtime
- Diphenhydramine (Benadryl) 25 mg – 50 mg by mouth at bedtime

AVOID naps after 3 pm and screen time 1 hour before bedtime. Call your OB provider's office if sleep problems/insomnia persists.

CONSTIPATION

- Docusate (Colace)
- Magnesium hydroxide (Milk of Magnesia)
- Polyethylene glycol 3350 (Miralax)
- For long term prevention of constipation, drink plenty of water (8-10 glasses per day) and eat plenty of fiber rich foods and consider daily fiber supplements (Citrucel) or psyllium (Metamucil) fiber supplements (Citrucel) and drink lots of water (8-10 glasses per day)

DO NOT USE stimulant laxatives (Dulcolax) and osmotic agents (Lactulose) without a prescription.

Call your OB provider's office if you are having persistent constipation after trying the above products.

HEMORRHOIDS

- Witch hazel (Tucks)
- Pramoxine (Caladryl)
- Hydrocortisone (Anusol-HC)

Hemorrhoids can be avoided by avoiding constipation (see above).

DIARRHEA

- BRAT diet (bananas, applesauce, rice, and toast), bland foods
- Loperamide (Immodium AD)
- Simethicone (Mylicon) can be used for gas pains

Call your OB provider's office if diarrhea lasts longer than two days.

For questions about medication safety (exposures, vaccines) when pregnant or breastfeeding:

- MotherToBaby Website (<https://mothertobaby.org>) has live chat and texting support
- Call MotherToBaby 866.626.6847
- MotherToBaby (Utah only 800.328.2229)

Ask a pharmacist. Many pharmacies are open 24 hours.