

## Safe Non-Prescription Medicines During Pregnancy

We want to help you stay happy and healthy during your pregnancy. There may be times during your pregnancy when you feel like you need over-the-counter medicines.

We have listed over-the-counter medicines that are safe for pregnant women. Follow the instructions on the package for the correct dose. **Do not take NSAIDs** (non-steroidal anti-inflammatory drugs) such as ibuprofen and naproxen.

### Common Conditions and Treatments

#### Cough or Sore Throat

- Plain Robitussin cough syrup (guaifenesin)
- All cough drops
- Chloraseptic Sore Throat Spray (phenol)

#### Cold, Sinus Congestion, Allergies

- Chlor-Trimeton (chlorpheniramine)
- Claritin (loratadine)
- Zyrtec (cetirizine)
- Saline nasal spray

#### Constipation

- Pericolace (sennosides/docusate) or Colace (docusate)
- Metamucil (psyllium)
- Fibercon (polycarbophil)
- Milk of Magnesia (magnesium hydroxide)
- MiraLAX

#### Diarrhea

- Imodium (loperamide)

#### Headache

- Plain Tylenol (acetaminophen)
- Extra Strength Tylenol

#### Heartburn or Indigestion

- Tums
- Maalox
- Mylanta
- Roloids
- Gaviscon (calcium carbonate)
- Pepcid AC (famotidine)
- Axid AR (nizatidine)

#### Hemorrhoids

- Preparation H (phenylephrine/hydrocortisone)
  - Cream
  - Ointment
  - Gel
  - Pads
  - Suppositories
- Anusol (hydrocortisone)
- Tucks pads (witch hazel)
- Americaine (benzocaine)
- Non-medicated sitz baths

#### Insomnia

- Benadryl (diphenhydramine)
- Unisom (doxylamine)
- Tylenol PM

#### Nausea

- Ginger lollipops
- Vitamin B6 25-50 mg three times daily
- Unisom (doxylamine) ½ tablet twice daily
- Benadryl (diphenhydramine)

#### Vaginal Itching

- Monistat 7 (miconazole)

**When to Call**

If you have questions about safe medicines during pregnancy or need to schedule a visit, please call your Ob-Gyn provider.

**Who to Call**

20 S. Park St. Clinic\*  
20 S. Park St., Suite 307  
20 S. Park St., Suite 506  
Madison, WI 53715  
**(608) 287-2830**

Ob-Gyn Resident Physician Clinic  
20 S. Park St.  
Madison, WI 53715  
**(608) 287-2830**

Union Corners Clinic\*  
2402 Winnebago St.  
Madison, WI 53704  
**(608) 242-6840**

West Clinic\*  
451 Junction Rd.  
Madison, WI 53717  
**(608) 265-7601**

\*Location includes Midwifery Clinic

For a complete list of our providers and clinics, please visit [uwhealth.org](https://www.uwhealth.org).

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 10/2021 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#8219.