

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. Part St., Suite 307
20 S. Part 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.

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.