



AN AFFILIATED PRACTICE OF

Yale Medicine

Greater New Haven
OB/GYN Group

NON-PRESCRIPTION MEDICATION IN PREGNANCY

Always read the ingredients on labels and use only those listed below for the symptoms you have. Generic or store brands are fine if you know exact ingredients and use only those listed below. Please call us if a medication is not on the list.

CONGESTION/COUGH

Pseudoephedrine (Sudafed, Drixoral)
Vicks
Dextromethorphan (Delsym)
Phenylephrine (Neo-Synephrine, Afrin)
Guaiphenesin, Robitussin, Mucinex

HEARTBURN/INDEGESTION/GAS

Maalox
Mylanta
Tums
Rolaids
Gaviscon
Pepcid AC
Zantac
Mylicon

HEADACHE

Acetaminophen (Tylenol or Extra Strength)

SLEEP

Diphenhydramine
Doxylamine (Unisom)

Yeast

Miconazole (Monistat)
Clotrimazole (Gynelotrimin)

SORE THROAT

Chloraseptic spray or lozenges
Halls
Ricola
Luden's

DIARRHEA

Kaopectate
Immodium

CONSTIPATION

Milk of Magnesia
Psyllium (Metamucil)
Fibercon
Colace
Docusate (1-3x daily)

ALLERGY

Claritin
Zyrtec
Diphenhydramine (Benadryl)

HEMORRHOIDS

Preparation H
Anusol HC
Tronolane
Balneol

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