

Over-the-Counter Medications for Pregnancy

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For all medications, always follow package directions. Take for the least number of days to effect improvement. You may substitute all medications for the generic. If these medications do not provide symptoms relief, or if symptoms get worse, please contact your doctor's office.

Head Congestion, Allergy, and Cold Symptoms:

- Allegra
- Benadryl
- Claritin
- Chol-Trimeton
- Sudafed
- Tylenol-Allergy/Sinus
- Vicks
- Zyrtec

*If history of high blood pressure, do NOT use any pseudoephedrine without checking with your physician.

Headache and General Ache/Fever:

- Acetaminophen
- Tylenol
- Extra-Strength Tylenol

*Maximum dose of Tylenol is 4 grams per 24-hour period.
Read label thoroughly for dosage information.

Cough:

- Cough drops
- Robitussin
- Robitussin DM

Sore throat:

- Cepacol
- Chloraseptic throat lozenges or spray
- Salt water gargles
- Tylenol sore throat

Vaginal Itching/Yeast Infection:

- Monistat Cream

Hemorrhoid Discomfort:

- Anusol HC Cream
- Suppositories
- Tucks

Constipation:

- Citrucel or Metamucil (may be used daily). The following should be used occasionally only: Colace, Surfak, MiraLAX, Milk of Magnesia

Diarrhea:

- Imodium AD

Heartburn:

- Maalox
- Mylanta
- Prilosec OTC (take on empty stomach)
- Rolaids
- Tums (contains calcium also)
- Zantac

Nausea or Morning Sickness:

- Sour lemon drops, peppermints, ginger products, Vitamin B6 and Unisom (only as directed, call the office if other measures do not improve nausea/morning sickness)