

Non-Prescription Medications Allowed in Pregnancy

Headaches and Fever	Acetaminophen (Tylenol) <i>Avoid aspirin and ibuprofen</i>
Minor Sore Throat	Cepacol lozenges, Sucrets, Chloraseptic spray
Nasal Congestion	Actifed, Sudafed <i>Avoid nasal sprays</i>
Cough	Robitussin, Benylin, guaifenesin
Heartburn, Indigestion	Maalox, Mylanta, Tums, Rolaids, Pepcid AC
Constipation	Ducosate (Colace), Fibercon, Metamucil, Milk of Magnesia <i>Avoid laxatives</i>
Diarrhea	Kaopectate, Imodium
Backache:	Acetaminophen (Tylenol) <i>Avoid aspirin and ibuprofen</i>
Leg Cramps	Tums, Calcet, Citracal, other calcium supplements
Hemorrhoids	Anusol, Preparation H, Anusol, Tucks pads
Nausea	Emetrol