



Trinity Womens Care
GYNECOLOGY AND OBSTETRICS

727.372.0006

Mahnee Dinsmore, M.D.

APPROVED OVER THE COUNTER MEDICATIONS IN PREGNANCY

In general, the fewer medications in pregnancy, the better. However these medications have not been found to have any fetal effects if taken after 13 weeks gestation.

As usual, we never mind a phone call if you have any questions or if symptoms persist.

- Headache, body ache, low-grade fever – Tylenol or Extra-strength Tylenol
- Colds - Sudafed, Tylenol Cold and Sinus, Actifed, Dimetapp, Regular Benedryl
- Cough – Robitussin or Robitussin DM (use sugar-free if diabetic)
- Constipation – Increase fluid intake, use glycerin suppositories and stool softeners such as Colace or Metamucil regularly. If you are less than 20 weeks pregnant, an enema is safe for severe constipation.
- Diarrhea – Imodium AD or Kaopectate
- Gas - Maalox Plus, Mylanta-II, Mylicon
- Heartburn – Maalox, Mylanta, Zantac, Pepcid AC, Tums, Rolaids
- Hemorrhoids – Anusol HC, Preparation-H, Witch hazel on cotton pads or Tucks, Ice packs
- Nausea – Emetrol
- Sore Throat – Chloroseptic spray or lozenges or Cepacol lozenges
- Tooth pain – Extra-Strength Tylenol
- Yeast infections – Monistat 3 or 7 day (suppositories or cream)
- Vaccinations: A flu shot in pregnancy are allowed as this is not a live virus.
 - PPD testing for tuberculosis (TB test) is allowed
 - Hepatitis vaccination is allowed
- Hair color and perms are allowed

**Do not take ibuprofen, Aleve, Advil, Motrin or
any medication with the description NSAID**

