



# ASSOCIATES

## IN WOMEN'S HEALTHCARE

**OVER THE COUNTER MEDICATIONS SAFE DURING PREGNANCY & Breast Feeding**

### Morning Sickness / Nausea:

Vitamin B6 50mg  
1 tablet 4 times a day  
Dramamine as directed  
Emetrol as directed  
\*\*Can try sea bands\*\*  
Unisom Sleep Tabs (doxylamine)  
25 mg every 8 hours  
(can take same time as Vitamin B6)

### Colds/Allergies:

Benadryl-will dry milk supply  
Dimetapp  
Claritin  
Chlortrimeton  
Drixoral  
Benylin  
Afrin Saline Mist  
Robitussin DM Cough Syrup  
Sudafed-can dry milk supply  
Actifed-can dry milk supply  
Tylenol Cold Products

Zpak-zythromycin  
Nasonex  
Allegra  
Afrin spray-sparingly  
Zyrtec  
Mucinex  
Alkaseltzer Plus-after 14 weeks  
Flonase  
Abreeva  
No Zicam

### Hemorrhoids:

Anusol-HC suppositories or cream  
Preparation H  
Tucks Pads

### Headaches:

All Tylenol Products  
**NO Ibuprofen / Motrin / Advil-ok-BF**  
**NO Aspirin**  
**NO Naprosyn / Aleve**

### Sore Throat:

Warm salt water gargle  
Chloroseptic Spray or lozenges  
Tylenol  
Lemon Drops  
Cepacol lozenges  
Halls lozenges  
Robitussin lozenges

### Indigestion:

Maalox  
Mylanta  
Digel  
Pepcid  
Riopan  
Tums  
Rolaids  
Probiotic  
Lactaid  
Nexium  
Prilosec

### Gas/Bloating:

Gax-X  
Simethicone

**Constipation:**

Benefiber  
Pericolace/Colace  
Milk of Magnesia  
Senokot  
Fibercon  
Metamucil  
Miralax  
Enema

**Supplements:**

Cranberry  
Vitamin C 500 mg  
Elderberry syrup  
Biotin 30 mg  
Collagen  
**No melatonin**  
**No Lysine**  
**No hair, skin, nails**  
**No Emergent-C**  
**No Zinc**

**Insomnia:**

Tylenol PM  
Benadryl  
Unisom

**\*\*BF-Breast Feeding**

Updated 3/26/24

**Yeast Infection:**

Monistat 7-\*insert applicator 1/2 way\*  
**NO Fluconazole-Okay for BF**  
**NO Diflucan- Okay for BF**

**Diarrhea:**

Immodium  
Kaopectate  
**NO Pepto-Bismol**

**Misc**

Therma Care-ok on back not belly  
Azo standard  
Toothpaste with increased fluoride  
Preconception lubricant-pre seed  
**No RetinA or Salicylic acid**