



your birth story begins here.....

The following is a list of safe over-the-counter medications and remedies by symptom. Follow the instructions on the label unless otherwise noted.

Symptom	OTC Medication
Allergies	Benadryl, Claritin, Zyrtec
Constipation	Magnesium Citrate, Colace, Metamucil, Miralax, Citrocet *Drink plenty of water with these medications
Cold/Cough/Flu	Tylenol, Mucinex, Robitussin DM, Saline nasal spray, Throat lozenges, Pasteurized honey, Elderberry syrup
Heartburn	Papaya enzyme, Apple cider vinegar, Maalox, Zantac, Pepcid, Tums, Mylanta, Rolaids
Gas	Simethicone, Maalox Plus, Mylanta II
Insomnia	Unisom, Benadryl
Nausea/Vomiting	25-50mg Vitamin B6 3 times per day and ½ Unisom tablet
Yeast Infection	Miconazole (Monistat) seven-day cream, Clotrimazole (Lotrimin) seven-day cream
Minor rash/itchy skin	Hydrocortisone cream
Hemorrhoids	Tucks pads, Preparation H, Anusol
Acne	Topical benzoyl peroxide, astringents
Muscle aches	Icy Hot, Tiger Balm
Diarrhea	BRAT Diet (Banana, Rice, Applesauce, Toast)
Headache/Pain	Tylenol (no more than 3,000mg/day) Ibuprofen (Before 34 weeks only-at discretion of midwife) Naproxen (Before 34 weeks only-at discretion of midwife) *Call midwife if headache not relieved by Tylenol or Ibuprofen
Dental Care	Routine dental exams, dental x-rays, cleaning, and dental care are safe and recommended in pregnancy