



Over-the-counter medications: safe during pregnancy

If you have questions regarding a medication not listed, or the use of one of these medications in combination with other prescribed medical conditions, please consult your provider. If you have a medical condition not related to pregnancy, please consult with your primary care provider.

Women's Health emergency contact information

Briargate: **1-719-268-2820** | East: **1-719-570-0620**

Southwest: **1-719-226-8645** | After Hours: **1-719-522-1135**

TTY **711**

Headache

TYLENOL® Extra Strength
at bedtime
Unisom®

**Do not take: Advil® (Ibuprofen),
Bayer® (Aspirin) or Aleve®
(Naproxen)**

Cold/cold symptoms

Actifed®
BENADRYL®
Chlor-Trimeton®
Coricidin HBP®
Claritin®
Dimetapp®
TYLENOL® Cold Formula
ZYRTEC®

**Do not take: cold medications
with "D" or Alka-Seltzer®
products**

Cough

Robitussin® (No DM)
Cough drops
Any over-the-counter syrup (NOT
containing aspirin or ibuprofen)

Yeast infection

MONISTAT 7®

Sore throat

Gargle with warm salt water
Over-the-counter lozenges
(Sucrets®/Cepacol®)

Diarrhea

IMODIUM® AD
Kaopectate®

Heartburn

Mylanta/Maalox®
TUMS®
Rolaids®
Gaviscon®
PEPCID® AC
Prilosec OTC®
Prevacid®24HR
Zantac®

Hemorrhoids

PREPARATION H®
TUCKS® pads
Anusol® suppositories

Allergies

BENADRYL®
Claritin®
ZYRTEC®

Dry skin

Alpha Keri® Oil
Palmer's® Cocoa Butter Formula®
Vitamin E lotion

Nausea/morning sickness

Cola syrup
Emetrol®
Nestrex
Vitamin B6 (50 mg) &
BENADRYL® (25 mg) at bedtime

Constipation

Phillips'® Milk of Magnesia
Colace®
Surfak® Stool Softener
Glycerin Suppositories
MiraLAX®
Metamuci® or Benefiber®
FiberCon®

**Do not take: Feen-a-mint®,
ex-lax®, or any chocolate
laxative**

*Be sure to drink 8+ glasses of
water daily to prevent
constipation.*

Created by Optum.

Optum® is a trademark of Optum, Inc. All other trademarks are the property of their respective owners. Because we are continuously improving our products and services, Optum reserves the right to change specifications without prior notice. Optum is an equal opportunity employer.