CalvertHealth®
Obstetrics & Gynecology

Obstetrics & Gynecology
Over-The-Counter Safe Medications

When you are pregnant, it is considered best if you take little or no medications; however sometimes medications are needed. Below is a list of medications that are safe to use if used in moderation and only when needed. Please call the office if you have any questions about what is safe to take in pregnancy.

Allergy, Cold and Flu
Chlor-Trimeton
Claritin
Chloraseptic Spray or Lozenges
Halls Cough Drops
Drixoral
- Cold and Allergy
- Cold and Flu
- Allergy and Sinus

Nasalcrom Nasal Spray
Theraflu
- Regular & Maximum Strength

Triaminic Products
Tylenol
- Cold, Allergy, Sinus & Flu

Tylenol
- Regular or Extra Strength

Robitussin Products

Sleeplessness
Benadryl
Tylenol PM

Diarrhea
Imodium

Heart Burn
Maalox
Pepcid
Prilosec
Rolaids
Tagamet
Tums

Gas
Gas X
Mylanta

Nausea (Morning Sickness)
Products that contain Ginger
Ginger Tea
Ginger Snap Cookies
Ginger Ale
Peaches are also well tolerated
Vitamin B rich foods or tablets
Food:
Whole Grains
- Wheat Cereals
- Wheat germ
- Nuts, seeds, legumes

Corn
Avoid odors such as:
- Cooking Odors
- Cigarette & Cigar Smoke

Eat several small meals a day (called Grazing)
Avoid spicy and greasy foods

Constipation
Colace
Metamucil
Milk of Magnesia
Warm Apple or Prune Juice
DO NOT USE MINERAL OIL

Hemorrhoids
Tuck Pads
Anusol Cream
Preparation H

Yeast Infection
Monistat 3 Day
Monistat 7 Day

Read the labels that list the active ingredients in all medications you take. Avoid any products that contain Alcohol, Aspirin, Ibuprofen or Naproxen.