

Common over-the-counter medications that we consider safe for use during pregnancy

Allergies

Diphenhydramine (Benadryl®)
Chlorpheniramine (Chlor-Trimeton®)
Loratidine (Claritin®)
Cetirizine (Zyrtec®)

Constipation

Docusate sodium (Colace®)
Psyllium Psyllum (Metamucil®)
Senna (Senokot®)
Polyethylene Glycol 3350 (MiraLax®)
Methylcellulose (Citrucel®)

Decongestant

Pseudoephedrine (Sudafed®)
Saline nasal drops (Ocean®)

Fever

Acetaminophen (Tylenol®)

Gas and Heartburn

Aluminum hydroxide, Magnesium hydroxide, Simethicone (Maalox) (Mylanta®)
Calcium carbonate (TUMS®)
Famotidine (Pepcid®)

Hemorrhoids

Hydrocortisone (Anusol-HC®)
Witch hazel (Tucks pads®)

Sleep Aids

Doxylamine (Unisom®)
Diphenhydramine (Benadryl®)