

Piedmont Reproductive Endocrinology Group (PREG)
(864) 232-PREG (7734)
Approved Over –The-Counter Medications During Pregnancy

1) Analgesics for Pain or Headache

Tylenol 1-2 tablets every 4 hours.

Extra strength Tylenol or Tylenol PM 1-2 tablets every 6-8 hours.

2) Decongestant for Colds

Actifed, Comtrex, Tylenol cold, Sudafed or Tavist D.

May be taken as directed on package.

3) Cough

Robitussin or Robitussin DM, Cepacol throat lozenges.

1 tsp every 4-6 hours as needed.

4) Gas or Heartburn

Maalox, Mylanta, Gaviscon, Riopan or Tums.

Liquid or tablets should be taken as directed on the bottle / package. Eat small meals 4 to 5 times daily.

5) Fever

Tylenol or Extra Strength Tylenol should be taken as directed on the bottle/package.

Fever is considered 100.5 F or higher. If fever persists after treatment over a 24 hour period, please call the office.

6) Constipation

Increase water, fruits and vegetables. May take Metamucil or Citracel or a stool softener such as surfak or docusate sodium as directed on bottle / package.

7) Nausea

A certain amount of nausea is normal in pregnancy. If nausea is severe and accompanied by vomiting then:

a) Use ½ tab of Unisom (can purchase over the counter) in a.m. and p.m. (can take up to four times a day)

b) Vitamin B6 (pyridoxine) 10–25 mg up to every 6 hours (not to exceed 100 mgs daily)

c) Ginger capsules 250 mgs up to four times a day

d) Sea-Bands – acupressure bands, can purchase at local pharmacy

Try to stay away from greasy or acidic foods. Starchy foods are better tolerated such as baked or mashed potatoes, macaroni and cheese, pasta, oatmeal and crackers.

Eat small, frequent meals. Pop-sicle and frozen juice may allow some intake of fluids and calories.

8) Diarrhea

Donnagel or Kapoectate as directed on the bottle / package. May also use Immodium AD as directed on the package.