

## Acceptable Over-the-Counter Medications during Pregnancy and While Nursing

- **Prenatal Vitamins and Folic Acid 800 mcg daily recommend**
- **Calcium supplements-** Do not use Bone Meal, Calamite or Dolomite.
- **Iron Supplements-** per Doctors approval.
- **Antacids-** Maalox, Roloids, Tums, Mylanta, Pepcid, Tagamet, Gaviscon, Zantac, Prevacid.
- **Antihistamine/Allergies-** Claritin, Zyrtec, Allegra, Benadryl.
- **Sleep-Aids-** Benadryl, Melatonin, Unisom, Tylenol PM
- **Pain or Fever-**Tylenol (Acetaminophen) or Tylenol PM, may use regular or extra strength as directed.
- **Colds:**
  - Congestion: Sudafed PE, Sudafed Plain, Tylenol Cold, Airborne, Mucinex or Nasal Spray.  
*{Sudafed behind the counter may be used per Doctors approval}*
  - Nasal Drainage: Antihistamine as stated above
  - Sore Throat/Cough: Cepastat spray or Lozenges, Halls Lozenges, Warm salt water for gargling, or Robitussin plain cough syrup
- **Constipation-** Colace, Dialose, Citrucel, Hydrocil, Metamucil, Milk of Magnesium, Effersyllium, Fiberol, Fiberguard or Benefiber.
- **Diarrhea-** Imodium.

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### DO NOT TAKE

- Ibuprofen or Aspirin, this includes Advil, Motrin, Nuprin, and Aleve.  
*[Aspirin may be prescribed by a doctor for a medical reason]*
  - Products Containing Salicylic Acid or Benzoyl Peroxide; these are most often found in facial cleansers.
  - Laxatives
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**\*\*While nursing it is acceptable to take Ibuprofen\*\***

**This list of medications has been approved by your doctor. Before taking any medications not listed, please contact your provider.**