

OVER THE COUNTER (OTC) DRUGS

Pain Control

- Acetaminophen (Tylenol)
- Any cough drops / throat sprays okay
- Icy hot

Antacids/Digestive Aids

- Tums
- Gas-X
- Maalox
- Mylanta
- Pepcid Complete

Anti-diarrheal Preparations

- Imodium AD

Laxatives

- Fibercon
- Metamucil / Benefiber
- Citrucel
- Milk of Magnesia
- Colace / Pericolace / Stool Softener

Decongestant/Allergy

- Sudafed (Pseudoephedrine) After 1st Trimester
- Benadryl (Diphenhydramine)
- Chol-Trimeton (Chlorpheniramine)
- Ocean Nasal Spray
- Claritin (Loratadine)
- Vicks Vapor Rub

Combination Drugs (DO NOT TAKE TYLENOL WITH THESE)

- Tylenol Cold (Acetaminophen, Chlorpheniramine, Pseudoephedrine) After 1st Trimester
- Theraflu (Acetaminophen, Brompheniramine, Pseudoephedrine) After 1st Trimester
- Comtrex (Acetaminophen, Brompheniramine, Pseudoephedrine) After 1st Trimester

Cough Preparations

- Robitussin DM (Dextromethorphan)
- Robitussin (Guaifensin)

Hemorrhoids

- Anusol HC
- Tucks
- Preparation H

Antinausea Aids

- Vitamin B6
- Ginger Tea (In Moderation)
- Raspberry Leaf Tea

Doxy-B Regimen For Morning Sickness

- ½ Unisom Tablet And 1 Vitamin B6 100 MG in AM
- ½ Unisom Tablet And 1 Vitamin B6 100 MG in PM
- 1 Unisom Tablet And 1 Vitamin B6 100 MG At Bedtime