

## **Over-the-Counter Medicines in Pregnancy**

All obstetricians would agree that it is preferable for pregnant women to refrain from taking medicine during pregnancy. We have, however, developed the following list of medicines that are considered to be safe during pregnancy, category A or B medicines. All of the medicines on this list are **non-prescription or over-the-counter (OTC)**. They are listed as the generic name, and when possible the familiar brand name.

### **Cold and Allergy:**

Chlorpheniramine (Chlor-Trimeton)  
Clemastine (Tavist)  
Diphenhydramine (Benadryl)  
Doxylamine (in some Nyquil formulations)  
Cetirizine (Zytrec)  
Loratadine (Claritin)

### **Headache:**

Acetaminophen (Tylenol)

### **Nausea/Vomiting/Heartburn:**

Dimenhydrinate (Dramamine)  
Diphenhydramine (Benadryl)  
Doxylamine (Unisom)  
Vitamin B6  
Aluminum Hydroxide/Magnesium Hydroxide (Rolaids, Maalox)  
Calcium Carbonate (Tums)  
Famotidine (Pepcid)  
Ranitidine (Zantac)  
Lansoprazole (Prevacid)

### **Diarrhea:**

Loperamide (Imodium)

After a trial of these OTC medications you are not improved, prescription/safe medications may be necessary and you can discuss this at your next visit or by calling the office.