



## Over-the-Counter OB Medications

### Allergies/cold symptoms:

Afrin (3 days max!)  
Astepro  
Chlor-Trimeton  
Flonase  
Mucinex  
Sudafed (not until after 14wks)  
Benadryl  
Allegra (last choice, not until after 14wks)  
Claritin  
Zyrtec

### Cough:

Cough drops/throat lozenges  
Delsym (dextromethorphan)  
Vicks Vap-o-Rub

### Nausea/vomiting:

Ginger (also available in tablets/capsules)  
Vitamin B6 100mg ALONG WITH doxylamine (Unisom)

### Heartburn:

Try adding acids (citrus, tomatoes, vinegars)  
Tums  
Rolaids  
Maalox  
Pepcid (famotidine)  
Omeprazole as a last resort only

### Constipation:

Dried fruits (prunes, figs, apricots)  
Fiber (Metamucil, Fibercon, Citrucel, etc.)  
Docusate Sodium (Colace)  
Milk of Magnesia  
MiraLax  
Smooth Move tea  
Dulcolax  
Senokot

### Herpes:

Lysine  
Call your provider for a prescription (antivirals are safe)

### Pain/Fever:

Acetaminophen (Tylenol)

### Migraines:

Magnesium Oxide 400mg daily (take daily, not as needed; no more than 400mg/day)  
Excedrin (with Tylenol/Acetaminophen NOT Ibuprofen)

### Diarrhea:

Bananas  
Fiber  
Imodium  
Pepto Bismol  
Ex-Lax

### Hemorrhoids:

Anusol  
Witch Hazel  
Tucks Pads  
Preparation H

### Skin irritation:

Oatmeal bath  
Calamine lotion  
Benadryl cream/itch stick  
Cetaphil  
Cocoa butter  
Aloe  
Vitamin E oil

### Vaginal yeast:

Miconazole (Monistat)  
Clotrimazole  
Call your provider for a prescription

### DO NOT USE THESE MEDICATIONS:

Ibuprofen (Motrin, Advil); Naproxen (Aleve)