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**Over the counter medicine list for pregnant patients:**

**Nausea** ~ Emetrol, Bonine, Dramamine, Vitamin B-6, Ginger, Unisom

**Common Cold/Sinus** ~ Tylenol Cold, Sudafed, Sudafed PE, Benadryl, Robitussin, Mucinex,

Sinus Rinse (Neil Med) **DO NOT TAKE SUDAFED IF YOU HAVE HIGH BLOOD PRESSURE**

**Pain or Headache** ~ Tylenol (regular or extra strength) as directed

**DO NOT TAKE.** Goody's, Aleve, Motrin, Ibuprofen, Excedrin, or any generic brand names of these

**Yeast infection** ~ Monistat

**Allergies/Itching** ~ Benadryl, Claritin

**Heartburn** ~ Tums, Pepcid, Mylanta, or Zantac

**Constipation** ~ Milk of Magnesia, Colace, Surfak, Metamucil, Fibercon, or Miralax

**Diarrhea** ~ Imodium Ad

**Hemorrhoids** ~ Preparation H, Anusol, or Tuck Pads

**Note:** As with any medication, follow the product label directions. Although very few to no adverse outcomes have been associated with the above medications, there is no medicine that has been proven 100% safe during pregnancy. If you have any questions contact our office (225) 658-1303 or the Labor Unit at Lane Regional Medical Center (after office hours) (225) 658-4159.