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

Morning Sickness (Nausea and Vomiting):

* Motion Sickness wrist bands (acupressure bands)
* Vitamin B6-50 mg tablet twice a day; this can be takes with 1 tab of Unisom – this may make you drowsy so first try at night)
* Ginger Ale, Chamomile or peppermint tea
* Papaya chewable tablets
* Emetrol

Fever/Headaches:

* Acetaminophen (Tylenol), regular or extra strength
* Do NOT use aspirin or ibuprofen on a regular basis unless instructed by your health care provider

Upper Respiratory Tract Infection:

* Ocean nasal spray, Flonase
* Robitussin or Triaminic, 2 teaspoons every 4-6 hours for cough
* Benadryl, Claritin, Allegra, Sudafed non -drowsy
* Tylenol cold and flu
* Chloraseptic Spray
* Emergen-C (child dose only, adult dose has too much Vitamin A)
* Vitamin C (max dose 1,000 mg/d)
* Lozenges, Sucrets
* Vaporizers, hot showers, humidifiers

Constipation:

* 8-10 glasses of water per day
* Fruits – especially prunes and vegetables, Bran
* Warm fluids
* Colace, Milk of Magnesia
* Fibercon, Senokot, gentle vegetable laxatives

Diarrhea:

* Kaopectate
* Immodium
* BRAT diet (Bananas, White rice, Applesauce, Tea)
* Pedialyte/Gatorade

Hemorrhoids:

* Colace, stool softeners
* Anusol
* Preparation H , Tucks pads or cold witch hazel compresses

Heartburn:

* Tums/Maalox/Mylanta/Pepcid AC
* Zantac 75mg as directed
* Avoid spicy/acidic foods

Anemia:

* Floradix
* Ferro-Sequels
* Slo- Fe