

**NONPRESCRIPTION MEDICATIONS FOR PREGNANCY DISCOMFORTS DURING
LOW-RISK PREGNANCY** (Examples of brand names are given; not every brand is listed)

Symptom/discomfort	Medication	Cautions
Acne	Benzoyl peroxide	
Backache	Acetaminophen* (Tylenol) Ben-Gay, Icy-Hot, etc	*Excessive doses can damage liver
Congestion	Saline spray Chlorpheniramine(ChlorTrimeton) Clemastine (Tavist, Dayhist-1) Diphenhydramine(Benedryl)* Pseudoephedrine (Sudafed)**	*avoid high doses and use in preterm labor (18); stillbirth has been reported when used with the benzodiazepine Restoril (18) **may increase blood pressure Loratadine (Claritin) and cetaminop (Zyrtec) are acceptable if first generation drugs are not tolerated (13), Fexofenadine (Allegra) should be avoided (18)
Constipation	Stool softeners (Colace) Fiber (Citracel, Metamucil, etc) Laxatives (Milk of Magnesia)	Avoid harsh stimulants
Cough	Guaifensin Dextromethorphan* lozenges	*Birth defects in chick embryos given massive doses (19) but no known effects in humans (20)
Diarrhea	Immodium Kaopectate	Contact physician if prolonged or severe; Avoid Pepto-Bismol
Fever	Acetaminophen*(Tylenol)	*Excessive doses can damage liver
Gas	Simethicone (Gas-X)	Not absorbed
Headache	Acetaminophen*(Tylenol)	*Excessive doses can damage liver
Heartburn	Antacids (Tums, Maalox, etc)* Famotidine (Pepcid) Proton pump inhibitors (such as Prevacid, Protonix, Aciphex) may be used in select cases.	*may block iron use Limited pregnancy data exists for esomeprazole (Nexium), so other proton pump inhibitors (such as Prevacid and Protonix) are considered preferable if needed. (13); Avoid Pepto-Bismol
Hemorrhoids	Topical steroids (Anusol) Preparation H, Witch Hazel	Avoid constipation, straining
Insomnia	Doxylamine (Unisom) Diphenhydramine + Acetaminophen (Tylenol PM)	May cause excess drowsiness
Nausea/vomiting	Emetrol B-6 25 mg 3 times per day Doxylamine (Unisom) Ginger capsules* (22, 23)	*max 1000 mg per day Avoid Pepto-Bismol
Rash	Topical steroids (Cortaid) Benedryl cream, Calamine lotion Diphenhydramine (Benedryl)*	*Avoid high doses and use in preterm labor (18), risk of stillbirth when used with benzodiazepine Restoril (18+)
Yeast vaginitis	Monistat, Gynelotrimin	Use applicator cautiously