

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

<b>Symptom/discomfort</b>	<b>Medication</b>	<b>Cautions</b>
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