

**ARBORETUM OBSTETRICS & GYNECOLOGY**  
OVER-THE-COUNTER TREATMENTS FOR PREGNANT PATIENTS

**Common Cold/ Allergy**

Chlor-Trimeton  
Sudafed (regular strength)  
Tylenol (all products)  
Benadryl  
Mucinex  
Zyrtec  
Claritin/ Claritin D

**Constipation**

Activia Yogurt  
Fibercon  
Glycerin suppositories  
Metamucil (powder/ tablets)  
Milk of Magnesia  
Citrucel (powder/ tablets)  
Benefiber (powder/ tablets)

**Cough**

Halls cough drops (any cough drops)  
Robitussin  
Triaminic  
Cepacol Lozenges

**Diarrhea**

Imodium A-D  
Kaopectate  
**NO** Pepto Bismol

**Headache**

Tylenol (all products)  
**NO** Aspirin Products (Goody Powder, etc.)

**Hemorrhoids**

Preparation H  
Tucks Pads

**Indigestion/Heartburn**

Maalox  
Mylanta  
Pepcid (All Forms)

Zantac (75 or 150)

**Leg Cramps**

Calcium

Magnesium

**Sleep**

Benadryl

Tylenol PM

Unisom (also used for hyperemesis)

**Sore Throat**

Cepacol throat lozenges

Tylenol (all products)

**Yeast Infection**

Monistat