We want to help make your pregnancy a healthy, happy experience. There may be times throughout your pregnancy when you may feel the need to take over-the-counter medication for everyday illnesses. The following list of over-the-counter medications is considered safe for pregnant women. Please follow the instructions on the package for appropriate dose.

<table>
<thead>
<tr>
<th>CONDITION</th>
<th>MEDICATIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cold or sore throat</td>
<td>Plain Robitussin cough syrup (Guaifenesin), all cough drops, Chloraseptic Sore Throat Spray (Phenol)</td>
</tr>
<tr>
<td>Cold, sinus congestion, allergies</td>
<td>Actifed (Phenylephrine), Chlor-Trimeton (Chlorpheniramine), Claritin (Loratadine), Zyrtec (Cetirizine) or saline nasal spray. Sudafed (pseudoephedrine) can be used in the second and third trimesters.</td>
</tr>
<tr>
<td>Constipation</td>
<td>Pericolace (Sennosides/Docusate), Colace (Docusate), Metamucil (Psyllium), Fibercon (Polycarbophil), Milk of Magnesia (magnesium hydroxide), MiraLAX</td>
</tr>
<tr>
<td>Diarrhea</td>
<td>Imodium (Loperamide)</td>
</tr>
<tr>
<td>Headache</td>
<td>Plain Tylenol, Extra Strength Tylenol (acetaminophen)</td>
</tr>
<tr>
<td>Heartburn or indigestion</td>
<td>Tums, Maalox, Mylanta, Rolaid, Gaviscon (Calcium Carbonate) Pepcid AC (Famotidine), Zantac (Ranitidine), Axid AR (Nizatidine)</td>
</tr>
<tr>
<td>Hemorrhoids</td>
<td>Preparation H (Phenylephrine/Hydrocortisone) cream, ointment, gel, pads or suppositories, Anusol (Hydrocortisone); Tucks pads (witch hazel); Americaine (Benzocaine); non-medicated sitz baths</td>
</tr>
<tr>
<td>Insomnia</td>
<td>Benadryl (Diphenhydramine), Unisom (Doxylamine), Tylex PM</td>
</tr>
<tr>
<td>Nausea</td>
<td>Ginger lollipops, Vitamin B6 25-50 mg three times daily, Unisom (Doxylamine) ½ tablet twice daily, Benadryl (Diphenhydramine)</td>
</tr>
<tr>
<td>Vaginal Itching</td>
<td>Monistat 7 (Miconazole)</td>
</tr>
</tbody>
</table>

**UW Health Ob-Gyn Clinics**

20 S. Park St. Clinic*
20 S. Park St., Suite 307
Madison, WI 53715
(608) 287-2830

Arboretum Ob-Gyn Resident Physician Clinic
1102 S. Park St.
Madison, WI 53715
(608) 287-5898

Union Corners Clinic*
2402 Winnebag St.
Madison, WI 53704
(608) 242-6840

West Clinic*
451 Junction Rd.
Madison, WI 53717
(608) 265-7601

**UnityPoint Health – Meriter Ob-Gyn Clinics**

DeForest-Windsor Clinic*
4200 Savannah Dr.
DeForest, WI 53532
(608) 417-3300

Monona Clinic
6408 Copps Ave.
Monona, WI 53716
(608) 417-3000

*Location includes Midwifery Clinic

For a complete list of our providers and clinics, please visit uwhealth.org or unitypoint.org