

Non-prescription Medications That Are Safe To Take During Pregnancy

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.

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

UW Health Ob-Gyn Clinics

20 S. Park St. Clinic*

20 S. Park St., Suite 307
20 S. Park St., Suite 506
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 Winnebago St.
Madison, WI 53704
(608) 242-6840

West Clinic*

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

*Location includes Midwifery Clinic

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

