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Over the Counter Medications Approved with Pregnancy

<u>Category</u>	<u>Medications</u>	
Anti-Diarrheal	Kaopectate	Immodium
Antacids	Maalox Zantac Tums Mylanta	Tagemet Pepcid Zantac
Allergy Relief	<i>Non-Sedating</i> Claritin Zyrtec Allegra	<i>Sedating</i> Benadryl Chlorpheniramine
Constipation	Citrucel Colace Dulcolax Magnesium Pill (200mg- no more than 600mg/day)	Metamucil Milk of Magnesia Miralax
Cough & Cold (No Phenylephrine or Sudafed)	Vick's Vapor Rub Vick's Nyquil Cough Guaifenesin	Throat lozenges Vaporizer Allergy meds listed above
Hemorrhoid Creams	Anusol Preparation H	Tucks 1% Hydrocortisone Cream
Insomnia	Benadryl	Unisom
Pain Medications	Acetaminophen/Tylenol (No more than 4 grams in 24 hours)	

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