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Over the Counter Medications
Safe to take when you're pregnant or nursing

Common Problems

Medication

Nausea	Dramamine, Emetrol, Unisom (½ tablet in am, ½ tablet in pm). Take with B6 50 mg vitamin (1 tablet in am & ½ tablet in pm). What also helps? Clear liquid diet: broths, jello, popsicles, Gatorade.
Hemorrhoids	Anusol, Preparation H or Tucks pads applied to rectum. What also helps? Warm tub soaks.
Constipation	Metamucil and extra fluids (water), Peri-Colace, Colace, Perdiem, Surfak or Miralax.
Headaches	Tylenol, Extra-Strength Tylenol or any acetaminophen pain reliever. Do NOT take Advil, ibuprofen or aspirin-based products.
Diarrhea	Kaopectate, Imodium. What also helps? Modify your diet by avoiding foods that bring on diarrhea.
Heartburn/Indigestion	Maalox, Mylanta, Tums, Rolaids, Pepcid AC.
Colds	Tylenol, Tylenol-Cold/Sinus, Drixoral, Sudafed or Actifed.
Cough	Robitussin DM cough syrup.
Sore Throat	Chloraseptic lozenges or spray, any cough drops.
Nasal/Sinus Congestion	Saline nose drops, Benadryl, Claritin-D, Allegra, Zyrtec.
Yeast Infections	Monistat vaginal cream, Gyne Lotrimin vaginal cream or suppositories.

Please try these suggestions, then call the office at 843-577-0220 if your symptoms do not improve.