

**NON-PRESCRIPTION DRUGS FOR USE IN PREGNANCY & NURSING**

- Colds:** Chlor-Trimeton, Sine-aid, Sudafed, Sinutabs, Tylenol (regular, extra strength, or cold & sinus), Advil cold & sinus. Aspirin or Advil may be used until 28 weeks of pregnancy.
- Cough Syrup:** Benylin Plain or DM, or Novahistine, Robitussin Plain or DM
- Headaches:** Tylenol (regular or extra strength). Aspirin or Advil may be used until 28 weeks of pregnancy.
- Sore Throat:** Chloraseptic spray or lozenges.
- Heartburn:** Maalox, Mylanta, Tums, Rolaids, Pepcid AC
- Nausea/Vomiting:** Emetrol (flat coke and avoid solids for 24 hours)
- Stool Softeners:** Colace, Metamucil, or Surfak.
- Diarrhea:** Kaopectate, Imodium.
- Hemorrhoids:** Anusol, Preparation H.

Please call the office if your temperature rises to 100.5° or higher, accompanied by an illness.

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