



UNC Family Medicine
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Safe Supplements and Over-the-Counter Medications in Pregnancy

The following medications are considered safe in pregnancy. Consult with your provider if you are taking prescription medications and/or if you stop taking any prescriptions medications. If you are unsure of a medication or have specific questions, please send a message through MyChart or, for urgent concerns, call the pager with questions.

Name brands have been used in this handout for consistency – please note that the generic form of the mentioned name brands is also OK. If you have questions, please ask a pharmacist or your provider.

Nausea

- Ginger (250mg 4 times a day or <2g/day if capsule; if dietary sources, normal amounts OK)
- Vitamin B6 (pyridoxine) 25mg oral 2-3 times a day + doxylamine (Unisom®) 12.5-25mg up to three times a day (these are both over the counter)
 - You can take the Vitamin B6 alone or in combination with the doxylamine (Unisom®)
 - Doxylamine (Unisom®) can make you sleepy
 - If taking doxylamine, start with 12.5mg tab once in the evening, and increase to 25mg as needed
 - **If you are taking Diclegis® (prescription only), DO NOT take Vitamin B6 or Unisom® because this is already in the Diclegis®**
 - Ask the pharmacist to be sure you have the right vitamin and amount. Do not take more than this amount.

Diarrhea

- Imodium® per package instructions if no fever

Heartburn

- Antacids such as calcium carbonate (Tums®) – not to exceed package instructions
- H2 Blockers such as famotidine (Pepcid®) 20mg up to two times a day, not to exceed package instructions

Constipation

- Alfalfa tabs (start with 1, then 2, up to 6 per day)
- Bulk-forming agents such as fiber pills/gummies/powder (Metamucil® or Fiberall®)
- Laxatives such as magnesium hydroxide (Milk of Magnesia®) or MiraLAX® (polyethylene glycol). Take only as needed and do not exceed package instructions. This can be taken in combination with stool softener and fiber.
- Stool softeners such as Colace® (docusate sodium)

Hemorrhoids

- Tucks® pads with witch hazel
- Preparation H®
- Hydrocortisone 1% cream
- Hydrocortisone 1% cream can be combined with Preparation H

Cold Symptoms

- Tylenol® (acetaminophen) 250-1000mg – not to exceed 4000mg per day. This can be used to alleviate fevers, headaches, and body aches
- Plain Mucinex® (guaifenesin) for congestion
- Plain Robitussin® or Delsym® (dextromethorphan) for cough
- Plain Claritin® (loratadine) or plain Zyrtec® (cetirizine) for allergies and congestion
- Do not take pseudoephedrine (name brand Sudafed®) in the first trimester or if diagnosed with high blood pressure
- Anesthetic sore throat lozenges can ease the pain in your throat
- Flonase® nasal spray, 1-2 sprays per nostril 1-2 times per day

Headache

- For your current headache – take the medications below all together:
 - Benadryl® 25-50 mg
 - Tylenol® 650-1000mg
 - Extra Magnesium 750mg
- To prevent headaches
 - Magnesium 500-1000mg at bedtime
 - Vitamin B-2 (riboflavin) 200mg twice a day with food

Vaginal Discharge/itching

- Monistat 7®

Prenatal Vitamins

- Prenatal vitamins are available over the counter in any pharmacy. You may choose any prenatal vitamin. Check to make sure it contains folic acid, iron, calcium, and vitamin D. In general, avoid taking extra prenatal vitamins or multivitamins with dosing more than what you need daily. High doses of some vitamins may be harmful to your baby.
- Gummy prenatal vitamins do not contain iron. If you can tolerate it, consider a pill and/or add iron separately.

Questions about safety of medications during pregnancy

Having questions about safety of medications during pregnancy is normal. One trusted website for a quick answer is [Home Page - MotherToBaby](#). You can also reach out to your provider if you have questions about any medications during pregnancy. Please inform your provider if you make any decisions to stop medications during pregnancy.

Family Medicine Perinatal Pager (24/7 Urgent OB or Newborn Concerns): (919) 216-3048

When calling this pager enter your phone number and include your area code. You cannot leave a voice message.