



Laramie Physicians for Women and Children, P.C.

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Laramie, WY 82072

(307) 745-8991

Fax: (307) 745-8167

Safe Over the Counter Medications in Pregnancy

- ❖ Tylenol (**DO NOT** take Aspirin or Ibuprofen unless directed by your provider)
- ❖ Tylenol PM
- ❖ Unisom
- ❖ Robitussin DM is safe
- ❖ Cough Drops
- ❖ Claritin
- ❖ Zyrtec
- ❖ Benadryl
- ❖ Sudafed
- ❖ Phenylephrine (Sudafed PE)
- ❖ Mucinex
- ❖ Tums (**DO NOT** use baking powder as an antacid)
- ❖ Zantac 75
- ❖ Prilosec OTC
- ❖ Pepcid
- ❖ Imodium AD for diarrhea (**DO NOT** use Pepto Bismol)
- ❖ Monistat 7
- ❖ Mylanta/Maalox
- ❖ Anusol or Preparation-H for Hemorrhoids
- ❖ Tucks pads
- ❖ Surfak is a safe stool softener
- ❖ Metamucil or Citrucel may be used as a fiber laxative
- ❖ Milk of Magnesia or Correctol may be used if a laxative is necessary
- ❖ **Other medications may be used if prescribed by your provider**

If symptoms persist after medication use, please call our office or the hospital.

Office: (307) 745-8991

Hospital: (307) 742-2142 ext. 3710