

Listed below are some of the common **over the counter** (OTC) medications approved for use, as well as some medications to avoid. Please note the following:

1. If you would like to take a medication not on the below list, please contact your Boston IVF clinical team.
2. While the medications approved below are generally considered safe in pregnancy, you should also discuss the usage and safety of any over the counter medications with your OB/GYN.
3. As this list does **NOT** include prescription medications, it is important that you discuss the usage and safety of any prescription medications with both your Boston IVF clinical team and your OB/GYN.

	<b><u>OK TO USE</u></b>	<b><u>DO NOT USE</u></b>
<b><u>Acne/Cosmesis</u></b>	<i>Azelaic Acid</i> <i>Glycolic Acid</i> <i>Topical Salicylic Acid</i> <i>Topical Benzoyl Peroxide</i>	<i>Adapalene (Differin)</i> <i>Topical Retinols/Retinoids</i> <i>Botox and Filler injections</i>
<b><u>Allergy</u></b>	<i>Cetirizine (Zyrtec)</i> <i>Diphenhydramine (Benadryl)</i> <i>Fexofenadine (Allegra)</i> <i>Fluticasone (Flonase)</i> <i>Loratadine (Claritin)</i> <i>Chlorphenamine (Chlor-Trimeton)</i> <i>Clemastine (Tavist, Dayhist)</i> <i>Saline Nasal Spray</i>	<i>Any Product Labeled “D” (use plain versions only).</i>
<b><u>Headache/Pain</u></b>	<i>Acetaminophen (Tylenol)</i>	<i>Any Product that Contains Adult-dose Aspirin (more than 81mg), Ibuprofen, or Naproxen.</i>
<b><u>Cold and Flu</u></b>	<i>Acetaminophen (Tylenol)</i> <i>Dextromethorphan (Robitussin plain or DM)</i> <i>Guaifenesin (Mucinex [plain])</i> <i>Benzocaine, Mentholated or Non-Mentholated</i> <i>Lozenges</i> <i>Neti Pot</i> <i>Saline Nasal Drops or Spray</i> <i>Vicks Vapor Rub Cream</i> <i>Warm Salt/water Gargle</i> <i>NyQuil Cough Tablets</i> <i>NyQuil Cold and Flu Tablets</i>	<i>Alka Seltzer Cold</i> <i>Afrin Nasal Spray</i> <i>Robitussin containing Phenylephrine</i> <i>Pseudoephedrine (Sudafed)</i> <i>Liquid NyQuil (any type)</i> <i>NyQuil Severe Cold and Flu Tablets</i>
<b><u>Constipation</u></b>	<i>Docusate (Colace)</i> <i>Dulcolax Tablets (Bisacodyl)</i> <i>Fleets enema</i> <i>Methylcellulose fiber (Citrucel)</i> <i>Milk of Magnesia</i> <i>Psyllium (Fiberall, Metamucil) Polycarbophil (FiberCon)</i> <i>Polyethylene Glycol (MiraLAX)</i> <i>Senokot (Senna)</i>	

<b><u>Diarrhea</u></b>	<i>Loperamide Hydrochloride Tablets (Immodium A-D)</i>	
<b><u>Heartburn and Indigestion</u></b>	<i>Calcium (Plain Maalox, Mylanta, Tums, Rolaids) Cimetidine (Tagamet) Famotidine (Pepcid AC) Ranitidine (Zantac) Lansoprazole (Prevacid) Simethicone (Gas-X/Mylicon)</i>	<i>Bismuth Subsalicylate (Pepto-Bismol)</i>
<b><u>Nausea and Vomiting</u></b>	<i>Vitamin B6 Doxylamine (Unisom SleepTabs) Dramamine (dimenhydrinate) Antevert or Bonine (meclizine) Ginger Root/Tabs</i>	
<b><u>Rashes</u></b>	<i>Calamine Lotion Diphenhydramine Cream (Benadryl) Hydrocortisone Cream or Ointment Oatmeal bath (Aveeno)</i>	
<b><u>Sleep</u></b>	<i>Doxylamine (Unisom SleepTabs) Diphenhydramine (Benadryl) Acetaminophen/Diphenhydramine (Tylenol PM)</i>	<i>Melatonin</i>
<b><u>Yeast Infections</u></b>	<i>Miconazole (Monistat, Do Not Insert Vaginally Before Transfer) Clotrimazole (Gyne-Lotrimin)</i>	
<b><u>Supplements (Besides a Prenatal Vitamin)</u></b>	<i>Coenzyme Q10 N-acetylcysteine L-arginine Vitamin D Folate Myo-inositol Magnesium Selenium</i>	

**\*No medications can be considered 100% safe during pregnancy\***  
**Follow package instructions for dosing unless otherwise specified on the list.**  
**Only use medication for the minimal length of time necessary for symptom relief.**

For additional information please visit [www.mothersbaby.org](http://www.mothersbaby.org)  
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