

Other Resources:



La Leche League Canada
www.lllc.ca

Mother Risk: The Hospital for
Sick Children
www.motherrisk.org

Medsask
www.medsask.usask.ca



Created by Fourth Year Nursing
Student:
Skye G.

University of Regina/Sask
Polytechnic

Date: August 2015



OVER THE COUNTER MEDICATIONS DURING PREGNANCY AND BREASTFEEDING

*When in Doubt, Ask
your Healthcare
Professional*

Over the counter medication during Pregnancy and Breastfeeding

Which over the counter medication is safe while I am pregnant and/or breastfeeding?



Women who are pregnant and/or breastfeeding may experience minor health issues and may require using over the counter medications during this time. Some common minor illnesses are listed here with recommended over the counter medication for treatment.

***Always ask your
Healthcare Professional for
more information regarding
medications.***

Minor Health Illnesses

Allergies

Claritin or Reactine is safe to take during pregnancy and breastfeeding.

Benadryl is safe to take during pregnancy and breastfeeding. *Caution: may decrease milk production during breastfeeding. It may also make the baby sleepy or irritable.

Common Cold/Sore Throat

Throat lozenges are safe and beneficial to take during pregnancy and breastfeeding.

For a “stuffy nose” Dristan or Otrivin can be used for short term (3-4 days). Nasal saline is the safest option.

Vicks Vapor Rub can be applied to chest, feet, and back.

Fever/Pain

Tylenol is safe to take during pregnancy and breastfeeding. Caution: Do not exceed recommended daily dose. Advil is safe during breastfeeding.

Aleve (Naproxen) is safe to take during postpartum and breastfeeding.

Sore Nipples

Lansinoh is a safe option during breastfeeding and safe for your baby.

Lice

Nix treatment is a safe choice during pregnancy and breastfeeding.

Heartburn

Tums, Ranitidine, Gaviscon are safe options during pregnancy and breastfeeding

Minor Health Illnesses

Constipation

Stool softener (docusate sodium) is safe during pregnancy and breastfeeding.

Milk of Magnesium is also safe during pregnancy and breastfeeding.

Hemorrhoids

Anusol ointment/cream (topical), Anusol suppositories containing zinc oxide are safe to use during pregnancy and breastfeeding.

Itchy Skin

Moisturizers such as Glaxal Base or Hydrous Emulsifying Ointment are safe during pregnancy and breastfeeding.

Calamine Lotion and Aveeno Colloidal Oatmeal Bath are both safe options to use.

1% Hydrocortisone cream is also safe to apply topically to skin during pregnancy and breastfeeding.

Nausea/Vomiting

Gravol is safe to take during pregnancy for occasional use. It is also safe during breastfeeding.

Diclectin is also a safe option but it requires a prescription from your physician.

Vaginal Conditions

Canesten 1% cream (topical & vaginal) is safe to use during pregnancy and breastfeeding.

Canesoral (single-dose oral treatment) is a safe option to take during breastfeeding.