**List of medications that pregnant women can safely purchase over the counter without prescription**

**Acid suppressing and Antacids** *(Heartburn/indigestion):*

<table>
<thead>
<tr>
<th>Medication</th>
<th>Dose</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Omeprazole 10mg capsules/tablets</td>
<td>Once daily</td>
<td></td>
</tr>
<tr>
<td>Ranitidine 75mg tablets</td>
<td>Max twice daily</td>
<td></td>
</tr>
<tr>
<td>Sodium alginate with calcium carbonate and sodium bicarbonate oral suspension</td>
<td>Two to four 5ml spoonfuls</td>
<td>Four times a day after meals and at bed time</td>
</tr>
<tr>
<td>Calcium carbonate and magnesium carbonate based antacids</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Laxatives (constipation):**

<table>
<thead>
<tr>
<th>Medication</th>
<th>Dose</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ispaghula husk sachets</td>
<td>1 Sachet</td>
<td>Twice daily</td>
</tr>
<tr>
<td>Lactulose</td>
<td></td>
<td>Twice daily</td>
</tr>
</tbody>
</table>

**Haemorrhoids (piles):**

<table>
<thead>
<tr>
<th>Medication</th>
<th>Dose</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anusol cream</td>
<td>1 Application</td>
<td>Morning, night and after every evacuation</td>
</tr>
<tr>
<td>Anusol suppositories</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Vitamins and minerals:**

<table>
<thead>
<tr>
<th>Medication</th>
<th>Dose</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Folic Acid 400mcg tablets</td>
<td>1 tablet</td>
<td>Once daily</td>
</tr>
<tr>
<td>Colecalciferol (Vitamin D) - circle required strength</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 micrograms [400 units]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20 micrograms [800 units]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>25 micrograms[1000units]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cyanocobalamin (Vitamin B12) 50mcg tablets</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calcium carbonate and colecalciferol tablets</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Iron supplements (iron deficiency anaemia):**

<table>
<thead>
<tr>
<th>Medication</th>
<th>Dose</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ferrous Sulphate 200mg tablets</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ferrous Fumarate 210mg tablets</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Analgesia (painkillers):**

<table>
<thead>
<tr>
<th>Medication</th>
<th>Dose</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paracetamol 500mg tablets</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Co-codamol (codeine 8mg/paracetamol 500mg)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Moisturisers and steroids (Dry skin and mild eczema):**

<table>
<thead>
<tr>
<th>Medication</th>
<th>Dose</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emollient cream</td>
<td>1 Application</td>
<td>When needed</td>
</tr>
<tr>
<td>Clobetasone butyrate 0.05% cream</td>
<td>1 thin application</td>
<td>Once daily/twice daily for 7 days</td>
</tr>
</tbody>
</table>

**Topical anti-infectives (thrush, athlete's foot, dandruff, cold sores):**

<table>
<thead>
<tr>
<th>Medication</th>
<th>Dose</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clotrimazole 1% cream</td>
<td>1 thin application</td>
<td>Two / Three times a day</td>
</tr>
<tr>
<td>Clotrimazole 2% cream</td>
<td>1 thin application</td>
<td>Two / Three times a day</td>
</tr>
<tr>
<td>Clotrimazole pessary</td>
<td></td>
<td></td>
</tr>
<tr>
<td>100mg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>200mg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>500mg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ketoconazole 2% shampoo</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Terbinafine 1% cream</td>
<td>1 application</td>
<td>Once daily for 7 days</td>
</tr>
<tr>
<td>Aciclovir 5% cold sore cream</td>
<td>1 application</td>
<td>Every 4 hours (omit night)</td>
</tr>
</tbody>
</table>

**Pre-eclampsia (prophylaxis):**

<table>
<thead>
<tr>
<th>Medication</th>
<th>Dose</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aspirin tablets 75mg tablets</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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*Turn over this page and sign on the reverse.*

Approved by the NWL LMS and LPC February 2019
| INSTRUCTIONS FOR DOCTORS & MIDWIVES | Tick the box(es) for the medication you are recommending and indicate the frequency of use.  
*Sign at the bottom of this page.* |
|-------------------------------------|---|
| INSTRUCTIONS FOR PATIENTS           | You have been advised to take the indicated medication by your maternity team. You are able to purchase this/these over the counter without prescription, at a local pharmacy.  
Your pharmacist will help you to select an appropriate product and advise you how to take or administer it.  
*Retain the document in case you require further supplies.* |

<table>
<thead>
<tr>
<th>Patient’s Name:</th>
<th>Hospital Number:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Signed:</td>
<td>Date:</td>
</tr>
<tr>
<td>Role:</td>
<td></td>
</tr>
</tbody>
</table>