

Over-The-Counter Cough Medications During Pregnancy



The maximum dose of OTC cough medicine in pregnancy is 120mg in 24 hours.

Cough and cold medications containing codeine may not work well during pregnancy.



A spoonful of honey or honey-based products may help to relieve coughs.

Guaifenesin-containing medicines, such as Mucinex, can clear the mucus.



Dextromethorphan-containing medicines, such as Robitussin, can be effective.

References

- Which over-the-counter cold medications are safe during pregnancy?; UT Southwestern Medical Center

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