

MEDICATIONS OB PATIENTS MAY TAKE IN PREGNANCY

These are “over the counter” medications that are safe to use during pregnancy. If they are not working, please call the office for further advice.

COLD

DayQuil, Tylenol Cold products, Chlortrimeton

COUGH

Robitussin (plain or DM), Mucinex, Benylin, Cough Drops, Triaminic

ALLERGIES / HAYFEVER / CONGESTION

Claritin, Tylenol Sinus or Allergy, Zyrtec, Actifed, Sudafed, Benadryl, Saline Nasal Spray

SORE THROAT

Throat Lozenges (Cepacol, Sucrets, Ricola), Chloraseptic

NAUSEA / VOMITING

Emetrol, Vitamin B6 (50 mg three times a day) with or without Unisom ½ tablet, Crystallized Ginger

HEARTBURN / GAS / INDIGESTION

Mylanta, Maalox, GasEx, Tums, Mike of Magnesia, DIGel, Rlopan, Zantac, Prilosec

***Avoid Pepto Bismol or other products containing aspirin**

HEADACHE / GENERAL PAIN

Tylenol (regular or extra strength)

***DO NOT take any products that contain aspirin, Ibuprofen (Motrin, Advil), or Naproxen Sodium (Aleve)**

BACK PAIN

Tylenol (regular or extra strength), Heating Pad, Icy Hot, Back Stretches, Massage

CONSTIPATION

Increase oral fluids and whole grain products, Bran Cereals, Fruits and Vegetables

DIARRHEA

Liquid Diet

Imodium AD, Kaopectate, Donnagel

***Acid Pepto Bismol**

HEMORRHOIDS

Preparation H, Anusol, Tucks Pads, Witch Hazel

YEAST INFECTION

Monistat, GyneLotrimin

INSOMNIA (Difficulty Sleeping)

Tylenol PM, Benadryl