

SGMG WOMEN'S HEALTH – OB MEDICATION LIST

MEDICATIONS: *During your pregnancy, you may become ill with headaches, cold or flu like symptoms. The following over the counter medicines are safe to take at any time during your pregnancy (as long as you are not allergic) according to the dose instructions on the bottle.*

COLD AND FLU :

Saline Nasal Spray – Congestion, Cough Drops, Sudafed (after 12 weeks), Benadryl (use at night to help sleep.) DayQuil

COUGH AND SORE THROAT:

Robitussin Plain (NO DM), throat lozengers, Tylenol

If symptoms are lasting longer than 48-72 hours, patients should see their primary care doctor.

Fever of 100.4 lasting 48-72 hrs, cough, chest congestion, sore throat, severe headache, and nasal congestion, call primary care doctor.

ALLERGIES:

Benadryl , Zyrtec, Claritin

CONSTIPATION:

Colace, Konsyl Easy Mix, Metamucil, Miralax Milk of Magnesia (If above stool softener does not work)

Important: OB Patients should not take Laxatives or Gas-X

LEG CRAMPS:

Try eating bananas, staying hydrated, Oscal 500 or a similar over the counter calcium twice daily. Gatorade

Also talk to your physician

DIARRHEA:

BRAT diet – bananas, rice applesauce, tea and toast, Immodium.

NAUSEA & VOMITING:

Preggie Pops or B-Natal Pops, Ginger, Ginger Tea, Emetrol – over the counter Unisom

***Over the counter Anti-Nausea remedy if Diclegis is too expensive:**

Pyroxidine 25mg 3times a day- (B6)
Doxylamine 12.5mg (generic for plain unisom)
NOT the sleep tabs. Take ½ tab 12.5 mg 3 times a day with the B6. Continue with hydration; eat small snacks when able to.

HEARTBURN & GAS:

Tums, Mylanta, Maalox, Pepcid AC, Previcid, Zantac.

FEVER/HEADACHES:

Tylenol or Extra Strength Tylenol .

DO NOT TAKE ADVIL, MOTRIN, OR IBUPROFEN UNLESS PRESCRIBED BY YOUR PHYSICIAN

HEMORRHOIDS:

Preparation H, Anusol, Tucks

YEAST INFECTION:

Monistat 7 over the counter – only insert halfway in.

If no relief, call your physician