



Offices at Cranbrook ■ 10111 East 21st Street North ■ Suite 301 ■ Wichita, KS 67206

316-634-0060 ■ 316-634-0050 (fax) ■ cwhwichita.com

## Center For Women's Health

### Over-the Counter Medications Allowed During Pregnancy & Lactation

#### Acne

All OTC acne products/medications may be used

#### Antihistamines

Actifed, Allegra, Benadryl, Claritin, Claritin-D, Chlor-Trimeton-D, Chlor-Trimeton-DM, Sudafed\*, Tylenol Allergy, Zyrtec

#### Cough Suppressants

Robitussin, Robitussin DM, Robitussin PE\*\* (Do NOT use Robitussin PE and Sudafed together)

#### Calcium Supplements

Any calcium supplement may be used, including: Tums EX (2 tablets twice daily), Viactiv

#### Constipation

Benefiber, Colace, Fibercon, Metamucil, Milk of Magnesia, Unifiber; Or...increase dietary roughage, bran, dark leafy vegetables & fruits; drink 8-10 glasses of water daily

#### Decongestants

Sudafed\*, Sudafed Sinus, Sudafed Non-Drying, Actifed, Tylenol Sinus, Benadryl, Doxylamine Succinate

#### Dry Skin

Cocoa Butter, Eucerin Lotion, Vitamin E Lotion

#### Expectorants

Mucinex, Robitussin

#### Fever

Tylenol, Tylenol Extra Strength (2 tabs every 6 hours; do NOT take more than 12 tabs in 24 hours)

#### Gas

Mylicon, Mylanta GAS, Mylanta Antacid/Anti-Gas, Phazyme

#### Hemorrhoids

Preparation H, Colace, Annusol/Suppository/Ointment (with or without cortisone), or increase roughage and fluids



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### Heartburn

Gaviscon, Maalox, Mylanta, Nexium, Pepcid Complete, Prevacid, Prilosec, Rolaids, Tums, Zantac

### Iron Supplements

Any iron supplement may be taken, including: Ferro-sequels, Ferancee HP, Slow-Fe, Slow-Fe with Folic Acid

### Insect Repellant

Any insect repellant is safe to use

### Itch

Benadryl Ointment, Caladaryl Lotion, Hydrocortisone Anti-Itch Ointment, Cortaid

### Nasal Spray

Afrin (do NOT use for more than 3 days), Flonase, Nasonex, Ocean & Nasal Mist (may use as needed)

### Nausea

Emetrol, Relief Band, Sea Bands, Pyridoxine (Vitamin B6) 25mg by mouth every 6-8 hours (alone or combined with) Doxylamine (Unisom) 10mg by mouth once or twice per day (If 10mg tab not available, use ½ of 25mg tab) --- Unisom will cause drowsiness

### Pain

Tylenol, Extra Strength Tylenol

### Poison Ivy

Nutech Wash, Caladaryl Lotion, Ivy Dry (always clean affected area with soap and then apply medication to prevent the spread of poison ivy)

### Diarrhea

Imodium AD

### Sore Throat

Chloraseptic Oral Strips, Chloraseptic Spray, Sucrets or other throat lozenges

### Sleep (DO NOT USE ON A DAILY BASIS!!!)

Benadryl (25mg), Tylenol PM, Unisom



### Sunscreen

Use SPF 30 or higher

### Yeast

Any OTC medication may be used, including: Femstat 3, Gynelotrimin Cream, Monistat 3, Monistat 7 (any med that requires an applicator, only insert the applicator halfway)

NOTE: NO studies have been performed indicating that the following products have an adverse effect on fetal development: Teeth Whitening and Artificial Nails

### **Helpful information**

Each time you come in for an appointment we need a urine sample from you. After checking in with the front desk please go through the door to the patient restroom. (Turn left at the nurses' station. The restroom is the first door on the left.) You will find cups and lids in cabinet. Write your name on the cup and place it in the pass through door.

If you are interested in a long-term birth control option, after pregnancy, such as an IUD, Nexplanon or the permanent sterilization procedure, Essure, please let us know. These procedures can often be performed at the same time as your 6 week post-partum exam with proper planning. Because this requires pre-certification and additional time, these appointments must be scheduled during procedure time slots and not as a regular exam times. **Please call as soon as possible (after your delivery) to schedule your post-partum appointment. At that time, please indicate that you wish to schedule your procedure for the same time.**

Your Glucose Challenge Test (also called 1 hr GTT) will be scheduled during your visit in the week 24-week 28 time frame. This is NOT a fasting test. This test is screening for Gestational Diabetes, a type of Diabetes that only occurs during pregnancy. Please allow an hour and ½ for this visit. After one hour, blood work will be drawn to check your glucose level. At that time a hemoglobin test will also be performed to check for anemia. If you are Rh negative, a repeat antibody screen will also be drawn. In addition, HSV 1&2 serology will be performed to check for oral and/or genital Herpes. If you have a history of either one, please let a Medical Assistant or Nurse know during any of your visits, as this test will be run unless otherwise notified.

Please inform us if your insurance requires you to have your lab work drawn by your primary physician. You will be given an order form to take to your physician's office instead. *Please make sure to schedule this appointment for no later than 3pm for that day.*