

1458 Church Street, Unit B, Decatur, Ga. 30030

8052 Mall Parkway, Ste 202, Lithonia, Ga. 30038

5295 Hwy 78, Ste N/M, Stone Mountain, Ga. 30087

**MEDICATIONS FOR EXPECTANT MOTHERS**

**Below is a list of recommended medications that are safe in pregnancy. These problems are very common, and it**

**would be helpful for you to know how to deal with them. It will save you the time of calling us about your symptoms**

**and having to wait for the nurse to call you back with advice.**

**Please check with us before taking any mediations NOT listed below, including medications prescribed buy another**

**doctor.** **Remember, NO MEDICATIONS SHOULD BE TAKEN UNLESS NECESSARY**.

**Headaches and Minor Pain**: Tylenol (acetaminophen) or Extra strength Tylenol \*\*\*DO NOT USE IBUPROFEN (ADVIL, ALEVE, MOTRIN) during pregnancy without the advice of your provider\*\*\*

**Cold or Nasal Congestion**: Sudafed (take as directed on package), Actifed, Afrin, Tylenol Sinus, Saline Water Spray, Vicks Vaporub, Cool Air Vaporizer, Benadryl, Tavist Sinus, Claritin-D, Chlortimeton 4 Hour

**Environmental Allergies**: Allegra, Claritin, Benadryl

**Flu**: Tylenol Flu

**Sore Throat**: Chloraseptic spray, throat lozenge, warm salt water gargles

**Cough**: Increase your water intake, Robitussin Expectorant, Robitussin DM, Cough drops, Cepacol, Sucrets

**Heartburn and Indigestion**: Gaviscon, Tums, Pepcid AC (1 in AM and 1 in PM), Mylicon, Rolaids, Zantac, Pepcid, Maalox, Mylanta (30 mins before meals and at bedtime)

**Diarrhea**: Imodium AD, Pepto Bismal, Kaopectate

**Constipation**: Increase your water intake, eat more fruit and bran products, Metamucil, Colace, Benefiber, Doxidan, Milk of Magnesia (MOM), Glycerin Suppositories

**Hemorrhoid**s: Preparation H, Tucks Pads, Anusol, Warm Sitz Baths (Warm water with Epson Salt or Peroxide)

**Difficulty Sleeping**: Benadryl, Tylenol PM, Chamomile Tea, “Sleepy Time” Tea

**Nausea**: Dramamine, Emetrol, Vitamin B6 & ½ Unisom, Ginger capsules 250 mg twice daily

**Leg Cramps**: 6-8 glasses of water daily, Bananas, Tums

**Yeast Infection**: Monistat Crème or store brand

**\*\*\* IF FEVER HIGHER THAN 100.4, OR IF YOUR SYMPTOMS GET WORSE, CALL THE OFFICE\*\*\***