



MARTIN, LEE & PAGE

OB GYN

Medication During Pregnancy and Lactation

The prenatal vitamin prescribed for you is important for maintaining your health and the health of your baby during pregnancy and your post-partum period. Please take them as directed. Should you experience difficulty taking them please contact our office for advice at (901) 752-4500.

While it is important to take as little medication as possible during pregnancy, there are some medications that are relatively safe. This list is for minor problems that can occur in pregnancy. It is, by no means, meant to substitute for medical care. If you have any doubt about a medication or the symptoms you are experiencing, please contact our office for advice at (901) 752-4500 – 24 Hours a Day, 7 Days a Week.

Minor Aches / Pains

- Tylenol (acetaminophen) 2 tablets every 4 hours as needed
- Do not take aspirin, naproxen sodium or Ibuprofen
- Rest

Cough / Sore Throat

- Plain Robitussin
- Chloraseptic
- Cough Drops
- Warm Salt Water Gargle

Runny Nose, Cold & Congestion (no fever)

- Sudafed **
- Sinutab
- Benadryl **
- Claritin
- Saline nasal spray
- Plain Mucinex
- Zyrtec

*** May cause drowsiness, use in moderation*

Nausea

- Eat small, frequent meals
- Have crackers at the bedside to nibble on upon awakening
- Emetrol
- Benadryl **
- Dramamine

Diarrhea (with no fever)

- Donnagel
- Kaopectate
- Immodium (pills or liquid)

Constipation

- Metamucil
- Fibercon
- Senokot / Senokot S
- Increase fluid intake, fresh fruits, vegetables and bran
- Dulcolax (suppository or pill)
- Milk of Magnesia
- Ducosate Sodium (Colace Dialose Plus)
- Glycerin Suppository
- Doxidan
- Fleet Enema
- Peri-Colace
- Miralax

Indigestion / Gas / Stomach Irritation

- Tums
- Roloids
- Mylanta II
- Maalox
- Phazyme
- Mylicon
- Digel
- Riopan / Riopan Plus
- Pepcid
- Zantac
- Gaviscon

Hemorrhoids

- Preparation H (suppository or cream)
- Nupercainal
- Tucks or Witch Hazel Pads
- Anusol 1%

Yeast Infection

- Monistat (Miconazole)
- Gyne-Lotrimin (Clotrimazole)
- Mycelex (Clotrimazole)

Please contact our office before taking any other over the counter medications. Your local pharmacist can also provide assistance.
(901) 752-4500

Local
Pharmacy Number