

# MEDICATIONS FOR OBSTETRIC PATIENTS

Please avoid (if possible) during the first trimester (20 weeks gestation) an of the following medications listed that contains either Pseudoephedrine HCL or Phenylephrine HCL (noted with an asterisk). You can use after first trimester. Also avoid these if any issues with your blood pressure.

## **Allergy/Sinus**

- Tylenol
- Breathe Right Strips
- Benadryl
- Alavert, Mucinex, Chlor-Trimeton, Travist, Claritin, Zyrtec, Simofresh Nasal Spray
- Neti-Pot Nasal Wash

## **Antihistamine plus Analgesic**

- Tylenol Sore Throat Nighttime Liquid

## **Constipation**

- Drink lots of liquids and add fiber into your diet or Fibercon
- Colace
- Surfak 2-3 x a day
- Miralax
- Use a bulk laxative like Metamucil

## **Cold-Cough-Flu**

- Robitussin Cough and Congestion Liquid
- Robitussin DM Liquid
- Sudafed Cold Capsules\*
- Tylenol Cold Severe Congestion Daytime Caplets
- Tylenol Flu Daytime Gel Caps

## **Cough**

- Suppressant: Robitussin DM
- Expectorant: Robitussin PE
- Congestion: Robitussin CF

## **Cough Suppressant Plus Expectorant**

- Mucinex DM Extended Release Tablets
- Coricidin HBP Chest Congestion and Cough Soft Gels

## **Decongestant**

- Sudafed 12 or 24 Hour Tablets\*
- Sudafed Nasal Decongestant Tablets\*

## **Decongestant Plus Expectorant**

- Mucinex D- Extended Release Tablets
- Sudafed Non-Drying Liquid Caps\*

## **Diarrhea**

- Donnagel
- Immodium
- Notify Doctor if diarrhea persists more than 72 hours

## **Expectorant**

- Mucinex Extended Release Tablets
- Robitussin Chest Congestion Liquid

**Gas**

- Mylicon-80 or Mylanta II
- Increase fiber in diet, avoid constipation

**Headache/Analgesic**

- Acetaminophen, Tylenol, Extra Strength Tylenol
- **ABSOLUTELY NO ADVIL, ALEVE, OR ASPRIN**

**Heartburn**

- Eat Small Frequent Meals, Avoid Greasy and Spicy Foods
- Avoid Drinking Fluids Right Before Bed
- Tums, Malox, or Mylanta
- Pepcid or Pepcid AC

**Hemorrhoids**

- Drink Lots Of Liquids and Add Fiber To Diet
- Warm Bath Soaks
- Dermoplast Spray
- Anusol, Nupercainal, Witch Hazel, Preparation H, or Tucks

**Insomnia**

- Benadryl
- Tylenol PM

**Leg Cramps**

- Stretch Leg Muscles, Decrease Physical Activity Just Before Bed
- Leg Warmers At Night When Going To Bed
- Increase Calcium Intake

**Multi-Symptoms**

- Sudafed Sinus and Cold Liquid\*

**Nausea**

- Avoid strong flavored, greasy, or spicy foods.
- Eat Small Frequent Meals
- Ginger Tablets
- Drink Between Meals, Not With Meals
- B-Natal Pops/Lozenges
- Try Emetrol or B6 (no more than 2 per day) 30 minutes prior to meals and ½ Unisom in the morning and evening.

**Sore Throat**

- Gargle With Salt Water
- Sucrets or Cepacol Lozenges
- Chloraseptic Throat Spray

**Swelling**

- Elevate Legs
- Support Hose
- Increase Fluid Intake
- Call Doctor if swelling is accompanied with headaches AND not relieved with Tylenol

**\*Over the counter alternative for DICLEGIS:** Vitamin B6 25mg, 1 tablet by mouth 3-4 times daily.  
Unisom 1 tablet at night, may add ½ tablet in the morning if needed.