

**Patrick Diesfeld, MD, FACOG**

BOARD-CERTIFIED OBSTETRICIAN  
& GYNCOLOGIST

FELLOW, AMERICAN COLLEGE OF  
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**Sally McNally, DNP, CNM**

**Bethany Mesker, CNM, WHNP**

**Jacqueline Lagana, CNM, WHNP**

CERTIFIED NURSE-MIDWIVES

**Patrick W. Diesfeld, M.D.**

**Sally McNally, C.N.M.**

**Bethany Mesker, C.N.M.**

**Stephanie Pihlmann, C.N.M.**

**Jacqueline Lagana, C.N.M.**

This is a list of over-the-counter medications that can be taken during your pregnancy.

**COMPLETE OB/GYN CARE:**

- Well-woman screenings & wellness care for all ages
- State-of-the-art treatment for bladder & pelvic support problems
- Minimally Invasive Surgery
- Prenatal care & delivery with our MD & midwives
- Fertility evaluation & treatment
- In-office 4D ultrasound

**FOR YOUR CONVENIENCE:**

- Flexible appointments, including early morning
- Same-day appointments for emergencies
- Most insurance accepted
- CareCredit® financing
- MasterCard, Visa & American Express welcome
- Se habla español

SYMPTOM

MEDICATION

Cough

Robitussin DM

Nasal Congestion  
Allergy

Sudafed, Chlor-Trimeton, Benadryl  
Zyrtec, Claritin

Nausea

Ginger, Ginger Ale, Peppermint tea,  
Papaya Enzymes

Headache

Tylenol

Hemorrhoids

Preparation H, Anusol

Sore Throat

Throat Lozenges, Cepacol  
(salt water rinses)

Constipation

Colace (stool softener)  
(fiber supplements),  
Milk of Magnesia (MOM)

Bloody Nose

Ocean Mist Spray

Flu Symptoms

Tylenol Cold, Tylenol PM, Theraflu

Heartburn

Tums, Mylanta, Maalox, Rolaids,  
Prevacid, Zantac

If your symptoms do not improve within three (3) days, call our office. Unfortunately, antibiotics will not treat cold and flu symptoms which are caused by a virus. If you have any questions, please call our office.

**LOCATION:**

168 North Brent Street, Suite 407

Ventura, CA 93003

(Across from Community Memorial Hospital)

(805) 648-2717 • [www.WomensHealthMedGroup.com](http://www.WomensHealthMedGroup.com)