

Your Reference to: Medications



Allergies - Actifed, Sudafed (pseudoephedrine hydrochloride), Benadryl, Claritin, Zyrtec, Tylenol Allergy

Cough/Cold - Robitussin (plain), Tylenol cold and cough, Airborne, Zicam, Mucinex

Congestion - Actifed, Sudafed, Benadryl (diphenhydramine hydrochloride)

Constipation - Metamucil, Surfak, Colace, Fibercon, Milk of Magnesia

Diarrhea - Imodium

Gas - Mylanta, Simethicone (Gas-X)

Headache/Fever - Acetaminophen (Tylenol)

Heartburn/Indigestion - Mylanta, Riopan, Tums (avoid Alka-Seltzer), Zantac, Tagamet, Nexium, Prevacid

Hemorrhoids - Anusol cream or suppositories, Tucks, Preparation H

Herpes - Don Burrows soaks, discuss with your doctors office a prescription for an anti-herpes prescription

Nausea - Emetrol, Start with Vitamin B6, 10-25 mg, taken 3-4 times per day. If symptoms are still bothersome, add Doxylamine (over the counter as Unisom tablets), 12.5 mg 3-4 times per day. If this does not alleviate symptoms, contact your doctor.

SoreThroat - Cepacol lozenges, warm salt-water gargles

Skin Irritation - Calamine, Caladryl Corticaine, Lanacort, and Neosporin

Travel/Motion Sickness - Dramamine over the counter

WARNINGS

AVOID ANY NON-STEROIDAL, ANTI-INFLAMMATORY SUCH AS ASPIRIN, IBUPROFEN, ADVIL, ALEVE, OR MOTRIN UNLESS PRESCRIBED BY YOUR PHYSICIAN.

AVOID ANY MEGA DOSE OF VITAMINS, ESPECIALLY THOSE CONTAINING HIGH DOSES OF VITAMIN A. DISCUSS WITH YOUR DOCTOR ANY AND ALL MEDICATIONS, VITAMINS AND HERBS YOU MAY BE TAKING.

Common Questions Answered

- *Hair coloring and perms are safe after the 1st trimester.*
- *Painting should be done in a well-ventilated area and only if necessary.*
- *Full, tender breasts are normal.*
- *Urgent dental work is okay at any time.*
- *Caffeine intake should be limited to 1-2 servings per day.*
- *Deli meat must be heated.*
- *Traveling is safe up to 32 weeks.*
- *Sexual intercourse is safe during your pregnancy.*
- *Continuing your exercise program is safe and encouraged during your pregnancy.*

Please visit our website for a more detailed OB handbook.
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Triage (512 462-1936x 291)
Medlink (after hours) 512-323-5465



Thank you for choosing Hill Country OB/GYN to provide your healthcare needs.