

OB MEDICATION LIST

Please refer to this list of over-the-counter medications you can take while pregnant before you need to call our office for an appointment.

Do not take any medication that is not on this list until you contact our office.

It is advisable to avoid all medications during the first trimester (1st 12 weeks) of pregnancy. These drugs are category “A” drugs with no alcohol content. Please call our office if you continue to have symptoms for longer than 48-72 hours after taking the medication.

Please remember:

1. Your baby will NOT catch your cold/flu while in the uterus.
2. FLU shots with the H1N1 (swine flu) combined are recommended at anytime during the pregnancy, ESPECIALLY if you have asthma, frequent bronchitis, allergies, and are a smoker.
3. Remember the pregnant patient may be sick twice as long as the non-pregnant patient. Be patient. Rest, fluids, chicken noodle soup, and vitamin C.
4. Cough is usually the last symptom to go away, but keep your doctor informed if sick longer than 7 days or if your symptoms progress or worsen.
5. Low grade fever of 100.3 or less are typical of viral infections.

| Symptoms | Medications |
|---------------------------------|---|
| CONGESTION/RUNNY NOSE | Actifed , Chlor Trimeton , Sudafed/phenylephrine , benadryl , and any combination of these with tylenol . (Do not use if you have High Blood Pressure) Also, may use saline nasal sprays, limited Afrin sprays, and the Neti Pot to rinse the nose (found at the drug stores). |
| ALLERGIES/SNEEZING/ITCHING EYES | Benadryl , claritin , zyrtec |
| COUGH | Robitussin DM |
| SORE THROAT | Throat lozenges , Chloraseptic throat spray , salt water gargles, Extra Strength Tylenol , acetaminophen , cough drops. |
| HEADACHE/MIGRAINE S | Extra Strength Tylenol 2 tablets with or with out some caffeine such as a cup of coffee, soda, or some Mountain Dew . <i>No aspirin nor Motrin, ibuprofen, nor Advil.</i> |
| BODY ACHES/FEVER | Extra Strength Tylenol , Warm baths, rice socks, heat pad on low settings. Massages are acceptable as most massage therapist know how to deal with pregnancy very well. Some stretching can be helpful to the back. Chiropractors are acceptable to visit as needed. Prenatal Yoga Classes. |

| Symptoms | Medications |
|-----------------------|---|
| CONSTIPATION | Any thing gentle. Colace , senakot , Ducolax/Bisacodyl , fibercon , Milk of Magnesia , Miralax , prunes and prune juice, etc. Not "Ex-Lax" nor "Correctal". Fleet enemas are sometimes needed as well as Ducolax suppositories . |
| DIARRHEA | Stay hydrated, Kaopectate , Immodium AD , Donnagel (10mg every 8 hours), call if last longer than 24 hrs. |
| NAUSEA | Emetrol , "C-bands" worn on the wrists, Vitamin B6 , Ginger in the form of cookies or ginger ale or from the health food store. Try to eat what is craved when you are hungry, don't take your vitamins if sick. Liquids and small snacks are more important than meals. Eat frequent, small meals and not large meals. Call if you can not keep anything down for 18-24 hrs. Ginger Tea. |
| INDIGESTION/HEARTBURN | Maalox , Mylanta , Tums , Isotonic Digestive Enzymes , Zantac/Ranitidine , Pepcid AC , Prilosec , Riopan, Rolaids , Any over the counter antacid that is low in sodium. |
| GAS PAINS/BURPING | Gas-X , Gaviscon , Mylicon or anything containing Simethicone . |