



SUNFLOWER WOMEN'S HEALTHCARE, LLC

RECOMMENDED MEDICATION LIST FOR PREGNANT/LACTATING PATIENTS

Take all medication as directed on label Call 547-5692 if you have any questions.

Allergy – Benedryl, Claritin, Zyrtec, Chlortrimeton.

Athletes Foot – Lotrimin Cream or powder, Tinactin, Micatin

Cold – Tylenol products (cold and flu or allergy), Robitussin (alcohol free), Theraflu, (fluids and rest).

Constipation – Colace, Fibercon, Milk of Magnesia, Prune Juice, Glycerin Suppository (if needed), Senokot, Miralox.

Cough – Robitussin DM, Halls, Vicks cough drops/vapor rub.

Decongestants – Afrin or Saline nasal spray, Actifed, Sudafed, Tylenol sinus, Chlor – Trimeton, Dimetapp, Tavist-D, humidifier.

Diarrhea – Imodium AD, Benefiber, Fibercon.

Eyes – Visine, Aqua Sites

Heartburn – Tums, Rolaids, Mylanta, Gaviscon, Maalox, Zantac 75 or 150, Pepcid AC, Tagamet.

Hemorrhoids – Anusol HC, Preparation H, Hydrocortisone, Anti-itch Cream, Nupercaine, Tucks Witch-Hazel pads, warm bath.

Itching - (due to minor irritations) – Benedryl Cream/Spray, Caladryl, Aveeno, Hydrocortisone Anti-Itch Cream.

Leg Cramps – Extra calcium, (Tums, Milk), Oranges, Bananas, Tonic Water, leg stretches before bed.

Nausea - Ginger Ale or Gum, Vitamin B6 (25mg 2x a day), motion sickness wristband, Unisom at night.

Pain – Acetaminophen (Tylenol) 650 mg every 4-6 hours as needed; OR Acetaminophen (Tylenol Extra Strength) 1000mg every 6-8 hours as needed. **(DO NOT EXCEED 4000 mg in 24 hours)**

Sleep Aids - Unisom, Benadryl, Tylenol PM, Chamomile Tea.

Sore Muscles/Joints – Flexall, Icy Hot, Therma Care heating packs, Bengay

Sore Throat – Chloraseptic, Cepacol, Sucrets, Halls

Sunburn – Solarcaine, Dermoplast, Hydrocortisone Anti – itch Cream

Yeast Infection – Monistat 3 or 7, Femstat 3, Mycelex 7, Gyne – Lotrimin 3

X-Rays – Notify the technician you are pregnant, a shield of the abdomen should be provided during the X-Ray

Dental Care – Local anesthesia, Penicillin antibiotics, Tylenol with codeine for pain as prescribed by physician.