

PREGNANCY INFORMATION & MEDICATION

Although it is best not to take any medication during pregnancy, we know there are times when medication is necessary for relief of some common problems. This is a list of over-the-counter medications that our providers recommend.

UPPER RESPIRATORY INFECTION (COLD, FLU, ALLERGIES) AND CONGESTION

- Tylenol Cold, Allergy, & Sinus
- Sudafed – Plain
- Theraflu
- Plain Robitussin
- Chloraseptic
- Sucrets
- Normal Saline Nose Drops
- Vaporizer, Steam Inhalation
- Benadryl
- Zyrtec
- Vicks Vapor Rub
- Chlor-Trimeton

Rest, stop smoking and avoid second-hand smoke. **Call if no improvement in 5 days or a fever of 100.4**

FEVER & HEADACHES

- Tylenol (Acetaminophen) Regular or Extra Strength

NO ASPIRIN, Advil, Nuprin, Motrin, Aleve, Ibuprofen or other over-the-counter pain relievers. **Call if no improvement**

NAUSEA & VOMITING / MORNING SICKNESS

- Vitamin B-6 – 25 mg each day
- Ginger (tea, snaps, ale)
- Emetrol – Follow directions on package
- Dramamine

Call if no improvement

HEARTBURN

- Small frequent meals; 5-6 a day
- Avoid Smoking & fried food
- Do not lie down for 1-2 hours after eating
- Antacids – Low Sodium, Low Calcium; Tums, Mylanta, Rolaids

CONSTIPATION

- Increase water intake, fruits & vegetables
- Prunes and raisins
- Metamucil, Citrucel
- Milk of Magnesia
- Fibercon, Dulcolax tablets
- Colace, Benefiber

HEMORROIDS

- Tucks
- Anusol with or without Hydrocortisone
- Preparation H and HC
- Sitz bath refrigerated Witch hazel pads, cold packs
- Use a footstool at toilet to avoid straining

DIARRHEA

- Imodium
- Bland diet

Call if persists more than 24 hours

YEAST INFECTION

- Monistat
- Gynelotrimin

 **SUBSTANCES TO AVOID: Advil, Nuprin, Ibuprofen, Aspirin products, Doxycycline or Tetracycline.**