

MEDICATIONS: If you have a condition that requires you to take medication regularly, please discuss this with your physician. Should a special need for medication arise, your physician will choose the safest drug available for you and your baby. Any medications taken during pregnancy could have an effect on the developing baby. Therefore, the best rule to remember during pregnancy is that no drug may be assumed to be harmless. For more common conditions, the following list of drugs are the only types of medication that our physicians have approved for you to use.

COLD, COUGH, SORE THROAT:

- ❖ Any Tylenol product-use as directed
- ❖ Claritin D
- ❖ Sudafed (plain)
- ❖ Robitussin (plain)
- ❖ Chloraseptic throat spray
- ❖ Gargle every two hrs. with one cup Of warm water containing one tsp of salt
- ❖ Halls cough drops
- ❖ Vick vapor rub

NAUSEA, VOMITING:

- ❖ Emetrol-take as directed
- ❖ If unable to tolerate liquids more Than 24 hrs please call the office
- ❖ Nauzene chewable tablets (take as directed)

DIARRHEA:

- ❖ Imodium AD-use as directed
- ❖ Kaopectate-use on day only

HEMORROIDS:

- ❖ Preparation H
- ❖ Anusol
- ❖ Warm sitz bath with Epsom Salts

HEADACHE:

- ❖ Any Tylenol product – use as directed

INDIGESTION:

- ❖ Mylanta
- ❖ Maalox
- ❖ Tums
- ❖ Gas-X
- ❖ Pepcid
- ❖ Tagamet

CONSTIPATION:

- ❖ Metamucil
- ❖ Fibercon
- ❖ Milk of Magnesia
- ❖ Colace-stool softener
- ❖ Konsyl ready mix
- ❖ Glycerin rectal suppositories
- ❖ Fresh fruits, prunes, bran
- ❖ Liquids are helpful

SLEEP AID:

- ❖ Benadryl-use as directed

YEAST INFECTION:

- ❖ Any Monistat product
- ❖ Gyne-Lotrimin
(after first trimester only,
careful inserting applicator)