

Allowed Over the Counter Medications in Pregnancy

NO ADVIL ♦ NYQUIL ♦ ASPIRIN ♦ MOTRIN ♦ ALEVE OR P.M.(night time) VERSIONS OF ANY MEDICATION ARE ALLOWED IN PREGNANCY !

Problem	Over the Counter	Call our office for:
Morning sickness	Vitamin B6: take 50 mg 2 to3 times a day. Increase fluids, chew on ice chips. Ginger Ale, Chamomile or Peppermint tea, dry crackers, Emetrol, or Sea bands.	Persistent vomiting; weight loss or inability to tolerate fluids for <u>24 hours</u>
General aches & pains / Mild headaches	Try comfort measures. Tylenol or Extra Strength Tylenol, Drink water!	Severe and/or persistent headaches
Cold/Flu, Sore throat, Nasal congestion, Sinusitis or Allergies	<u>Plenty of clear fluids & chicken soup!</u> Sudafed (plain), Ocean Mist nasal spray, Claritin, Alavert, Vicks or menthol ointments, Robitussin DM, Throat lozenges, Benadryl, Chloraseptic, Tylenol Cold & Flu or any store version is fine (CVS etc..)	Persistent cough Severe or persistent sore throat
Mild to moderate diarrhea	Imodium, Kaopectate II, Maalox anti-diarrheal	Diarrhea that persists for two days, is accompanied by a fever or is severe
Constipation	Drink plenty of water & eat fresh fruit, Citrucel, Milk Of Magnesia, Bran, Metamucil, Pericolace, or Prune Juice	Severe straining
Heartburn/ Gas	Eat small bland meals. Avoid spicy, greasy foods. Maalox, Mylanta, Tums, Phazyme, Mylicon, Pepcid AC, Zantac, Gas-X, Tums, or Hot Tea	No relief after
Hemorrhoids	Chilled witch hazel packs, sitz baths, Preparation H, Tucks medicated wipes, or Pericolace	Bleeding or severe pain & swelling
Skin irritation, Acne or Lice	Aveeno products, Benadryl cream A&D ointment, 1%Hydrocortisone, Caladryl, Lanolin, Neosporin, Aloe gel, Benzoyl Peroxide, Proactiv (acne), Nix-Rid (for head lice)	If you have a rash that is spreading over your body.
Yeast/Bacterial Infection or Vaginal irritation *TREATMENT ALLOWED AFTER 1ST TRIMESTER*	3 day or 7 day Monistat, store version is fine (CVS etc..), Vagisil *TREATMENT ALLOWED AFTER 1ST TRIMESTER*	If symptoms do not improve <u>1 week after treatment.</u> *TREATMENT ALLOWED AFTER 1ST TRIMESTER*

PLEASE CHECK WITH US PRIOR TO FILLING OR TAKING MEDICATIONS PRESCRIBED BY PHYSICIANS OUTSIDE OF OUR PRACTICE !