

Allowed Over the Counter Medications in Pregnancy

<u>NO ADVIL ♦ NYQUIL ♦ ASPIRIN ♦ MOTRIN ♦ ALEVE OR P.M. (NIGHT TIME)</u> 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 ice chips. Ginger Ale, Chamomile or Peppermint tea, dry crackers, Emetrol, or Sea bands.	Persistent vomiting; weight loss or inability to tolerate fluids or bland foods for 24 hours
General aches, pains & Mild headaches	Try comfort measures. Tylenol, Extra Strength Tylenol, Drink water!	Severe and/or persistent headaches
Cold/Flu, Sore throat, Nasal congestion, Sinusitis/Allergies	<i>Plenty of clear fluids & chicken soup!</i> , Tylenol Cold & Flu or any store version is fine (CVS etc..) Sudafed (plain), Ocean Mist nasal spray, Claritin, Alavert, Vicks VapoRub, Robitussin DM, Throat lozenges, Benadryl, Chloraseptic, Cough Drops	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, Colace, 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, Hot Tea	No relief after 1 week
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	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>

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