



Women's Health

Safe Medications During Pregnancy

The medications listed below are recommended for use during pregnancy, only if needed. If you have any questions or concerns, please contact our office.

Cold and flu

- Sudafed-Claritin-Robitussin Cough & Chest Congestion-Chloraseptic Throat Spray-Benadryl-Vicks Vapor Rub-Saline Nasal Spray
- Ask your doctor about flu shots.

Fever, aches and pains

- Regular strength Tylenol: one to two pills (325-650 mg) or Extra strength Tylenol: one pill (500 mg).
- Call your primary care office if you have a temperature above 100.4° F.

Nausea

- Ginger Ale- Sprite-7up soda-ginger lemon-mint tea- sea band wristbands- frequent small meals- increase carbohydrates (potatoes, pasta, rice, toast)- oyster crackers/crackers
- Vitamin B6 as directed.
- Unisom as directed.

Headaches

- Regular strength Tylenol: one to two pills (325-650 mg) or Extra strength Tylenol: one pill (500 mg). Do not exceed 4000mg in 24 hours.
- A small amount of caffeine can also help relieve headaches.
- Magnesium Oxide 400 mg daily as needed.

Lice

- Home RID Treatment Kit

Constipation

- Metamucil-Citrucel-Benefiber-Senokot-Fibercon-Colace
- Drink at least 8 glasses of water a day, increase your intake of fruits, vegetables, bran, prunes, warm fluids, and exercise.

Indigestion/heartburn

- Maalox-Mylanta- Tums, (up to 8 tablets a day)-Tagamet-Zantac-Pepcid AC- Rolaids

Diarrhea

- Kaopectate-Imodium AD
- Increase fluids
- BRATT diet, (Bananas, rice, applesauce, tea and toast for 24 hours)
- Call the office if you have persistent or recurrent diarrhea, nausea, vomiting, or a temperature above 100.4°F.

Hemorrhoids

- Anusol AC- Preparation H cream or wipes- Fold medicated pads
- Call the office if hemorrhoids bleed or if there is no relief after 2 weeks of over-the-counter treatment

Sleep

- Benadryl-Tylenol PM, (one or two tablets at bedtime, infrequent use only)
- Hot baths

Poison Ivy

- Aveeno Baths-Calamine Lotion or Gel- Benadryl Tablets, Gel or Cream. Call the office if you have persistent itching, drainage, or trouble breathing.

Yeast

- 3- or 7-day Monistat treatment
- 1% hydrocortisone cream for relief of external tissue symptoms.

DO NOT TAKE HERBAL VITAMINS