



Creekside
CENTER FOR WOMEN

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OB Patients

The following over the counter medications may be taken safely during pregnancy. Please remember that non-drug treatment should be attempted first. If there is no relief, you may use the following guidelines. Example-if you have a headache, the non-drug treatment is to lie down in a quiet dark room and rest. If no relief after trying this, try Tylenol.

Cold, Sinus or Flu

Tylenol
Chlor-Trimeton
Sudafed/Sudafed PE
Zyrtec
Clariten
Benadryl
Saline Nasal Spray
Tamiflu

Cough

Robitussin (plain or DM)
Cough Drops (Halls or Cepastat)
Chloraceptic Lozenges

Heartburn

Maalox
Mylanta
Zantac
Pepcid

Hemorrhoids

Tucks
Annusol Suppositories
Preparation H
Ice Packs

Cold Sores

Abreva

Diarrhea and Vomiting

Bowel rest (nothing by mouth for 8-12 hours). Then, clear liquids for 12-24 hours. Then Advance to bland foods ie) bread, soup, rice, etc. as tolerated.

Headache

Tylenol
Tylenol Extra Strength
Tylenol Arthritis

Sore Throat

Chloraceptic
Cepacol Lozenges

Constipation

Surfak Stool Softener
Senokot
Dulcolax
Milk of Magnesia
Metamucil

Nausea

Vitamin B-6, 100mg 3 times a day
Dramamine
Emetrol

Yeast Infection

Monistat (3 or 7 day treatment)