



*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)