

## OB Medication List

It is always advisable to avoid medication use in pregnancy, especially in the first trimester and near delivery. However, the following medications may be used if necessary during pregnancy:

### **ALLERGY SYMPTOMS**

- Benadryl
- Zyrtec or Claritin (AFTER 1<sup>st</sup> trimester)

### **FEVER, HEADACHE, GENERAL ACHES AND PAINS**

- Tylenol or Extra Strength Tylenol

### **COUGH**

- Robitussin or Robitussin DM or Mucinex DM

### **SORE THROAT**

- Chloraseptic spray / Cepacol Lozenges
- Cough Drops
- Tylenol

### **NASAL CONGESTION**

- Sudafed (Pseudoephedrine from behind the counter) –AFTER 1<sup>st</sup> trimester
- Saline nasal spray
- Flonase

### **HEARTBURN/GAS**

- Tums or Pepcid 20 or 40 mg for heartburn; Gas-X “Simethicone” (gas relief)

### **CONSTIPATION**

- Fiber Con or Metamucil
- Miralax
- Milk of Magnesia
- Over the counter suppository such as Dulcolax

### **STOOL SOFTENER**

- Surfak
- Colace
- Docusate

### **HEMORRHOIDS**

- Anusol cream or suppositories
- Preparation H
- Tucks wipes

### **YEAST INFECTION**

- Monistat vaginal cream (7 day treatment is best)

### **NAUSEA**

- Vitamin B6 about 25mg (1/4 of 100mg tablet 3-4 times per day)
- Unisom (doxylamine) 12.5mg (1/2 25mg tablet at bedtime or up to 3 times per day- may be sedating)
- Combined B6 & Ginger pills(from FullScript) 3x per day

### **DIARRHEA**

- Immodium

Notify any other treating physicians of your pregnancy status to confirm that any prescribed medications are safe during pregnancy and lactation. If unsure, contact our office during normal office hours.