



MEDICATIONS TO USE DURING PREGNANCY

Cold, Allergy & Sinuses	Actifed Allegra/Allegra D Benadryl Cepacol Chloraseptic Throat Spray Chor-Trimeton Claritin/Claritin D Hall's Cough Drops Mucinex/ Mucinex DM	Robitussin/Robitussin DM Saline Nasal Spray Sudafed Sudafed Tylenol Cold & Flu Tylenol Cold & Sinus Vick's Vapor Rub Zyrtec/Zyrtec D
	*If you have a temperature over 101 degrees, nasal or chest drainage of color, wheezing or shortness of breath, please schedule an appointment with your primary care physician or go to urgent care.	
Diarrhea	Imodium/Imodium AD Kaopectate	
	*Use this reference if you have 3 bowel movements a day. If it lasts more than 2 days, please call the office.	
Constipation	Benefiber Citrucel Colace (stool softener) Glycerin Suppositories Senokot	Miralax Metamucil Milk of Magnesia Fibercon
Hemorrhoids	Anusol HC Suppositories Preparation H	Anusol Cream Tucks Pads
Heartburn, Gas, Indigestion	Gas-X Maalox Mylanta Pepcid AC Phazyme Prevacid	Prilosec Protonix Rolaids Tagamet HB Tums Zantac
Nausea, Vomiting	Vitamin B-6 (50mg 3 times a day) Ginger (tea or tablets: 250mg capsules 4 times a day) Seabands Emetrol	
	*Eat small frequent meals/snacks *peppermint candies/tea	
Pain or Fever	Tylenol: 650mg (2 tablets) every 4 hours Extra Strength Tylenol: 1000mg (2 tablets) every 6 hours (Not to exceed 4000mg every 24 hours) *DO NOT use aspirin, ibuprofen, Aleve, Motrin, or Advil.	
Insomnia	Tylenol PM *Avoid caffeine	Unisom
Skin Conditions (Rash, Itching)	Benadryl : 25mg by mouth every 6 hours Aveeno Cortisone Cream	Benadryl Cream Caladryl Neosporin
Yeast Infection	Monistat: Insert applicator gently into opening of vagina	

These recommendations are based on the American College of Obstetrics and Gynecology.

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