

A Northside Network Provider

MEDICATIONS TO USE DURING PREGNANCY

Cold, Allergy, & Sinuses	Actifed Allegra/Allegra D Benadryl Cepacol Chloraseptic Throat Spray Claritin/Claritin D Hall's Cough Drops Mucinex/Mucinex DM	Robitussin/Robitussin DM Saline Nasal Spray Sucrets Sudafed Tylenol Cold and Flu Tylenol Cold and 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 or more watery 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 Roloids Tagamet HB Tums Zantac
Nausea, Vomiting	Vitamin B-6 (50mg 3 times per day) Ginger (Tea or tablets: 250mg capsules 4 times per day) Seabands Emetrol Peppermint Candies/Tea *Eat small frequent meals/snacks	
Pain or Fever	Tylenol: 650mg (2 tablets every 4 hours) Tylenol Extra Strength: 1,000mg (2 tablets every 6 hours) *DO NOT EXCEED MORE THAN 3,000mg per day	
Insomnia	Tylenol PM Unisom	
Skin Conditions (Rash, itching)	Benadryl: 25mg by mouth every 6 hours Aveeno Cortisone Cream	Benadryl Cream Caladryl Neosporin
Yeast Infection	Monistat	

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

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