



## **OB MEDICATIONS:**

Some aches and pains are common during pregnancy. It is advised that medications should generally be avoided during pregnancy. However, if it is necessary, you may take medications from the following list while pregnant or breastfeeding without contacting our office.

### **PAIN OR FEVER:**

Tylenol

\*Please note: We do not advise the use of Aleve, Aspirin, Ibuprofen, or Motrin during pregnancy

### **COLDS AND SINUS:**

Mucinex

After the First Trimester: Tylenol Flu, Tylenol Cold, Tylenol Sinus, Sudafed

### **SEASONAL ALLERGIES:**

Actifed, Benadryl, Claritin, Zyrtec

### **COUGH:**

Robitussin DM

### **NAUSEA:**

Emetrol, Vitamin B-6 (25mg Three times a Day), Unisom (Doxylamine)

### **HEARTBURN/INDIGESTION:**

Tums with Calcium, Mylanta, Maalox, Pepcid

### **YEAST INFECTION:**

Monistat

### **CONSTIPATION:**

Stool softeners: Surfak, Colace, Senekot

Fiber supplements: Citrucel powder, Fibercon tablets, Metamucil

Laxatives: Milk of Magnesia, Miralax

### **EXTERNAL HEMORRHOIDS:**

Anusol HC, Preparation-H (with hydrocortisone), Tucks pads

### **DIARRHEA:**

Immodium AD