

Medications During Pregnancy

Symptoms	Medications
Allergies	Benadryl Zyrtec Flonase or Nasonex Claritin- Original formula, not Claritin D
Congestion	Sudafed original formula 60mg every 8 hours as needed Benadryl 1 tablet at bedtime Saline Nasal Spray -Use as directed
Constipation	Metamucil 1 tsp in 8oz of water daily Citrucel- Capsule 2-4 capsules daily Powder- 1 tsp in 8oz of water
Cough See your primary care doctor or an urgent care if symptoms persist greater than 3-4 days or if you are having shortness of breath or chest congestion	Robitussin DM- Use as directed Cough drops- Halls Mucinex
Diarrhea Call the office for severe cases or if symptoms persist beyond 2 days	Imodium B.R.A.T diet- bananas, apples, rice and toast
Fever Call the office with a fever greater than 101.0 degrees or if fever is not relieved by Tylenol	Tylenol Acetaminophen- Extra Strength 1000mg every 6-8 hours as needed, not to exceed 8 tablets or 4000mg in 1 day
Hemorrhoids Call the office if symptoms are severe	Tucks pads Anusol
Heartburn	Tums Use as directed Mylanta Use as directed Pepcid AC Omeprazole
Leg cramps	Calcium 500mg daily at bedtime
Nausea/vomiting	Vitamin B6 50mg twice daily Unisom ½ tablet twice daily 25mg
Pain	Tylenol Acetaminophen Extra strength 1000mg every 6-8 hours as needed, not to exceed 8 tablets or 4000mg in 1 day
Sore throat	Halls Lozenges Chloraseptic spray Cepacol lozenges
Yeast Infection Call your doctor if the over the counter treatment is not effective	Monistat Use as directed

Please refer to our electronic Great Expectations prenatal book on our website www.overlakeobgyn.com for detailed information about pregnancy.