

LVPG–COLLEGE HEIGHTS OBSTETRICAL & GYNECOLOGICAL ASSOCIATES

OBSTETRICAL OVER-THE-COUNTER MEDICATION LIST

<i>SYMPTOMS</i>	<i>TREATMENT</i>
ALLERGIES, ENVIRONMENTAL	Sudafed , Benadryl, Claritin, Zyrtec, Actifed, Chlor-Trimeton, allergy shots
COLDS / CONGESTION	Robitussin, Tylenol Cold, Nasal Sprays, Cepacol, Nice, Halls, Mucinex
CONSTIPATION	Colace, Peri-Colace, Senokot, Milk of Magnesium, Benefiber, Metamucil, Citrucel, Miralax, high fiber foods, increase water intake
DIARRHEA	Imodium
HEADACHES	Tylenol products
HEARTBURN / REFLUX	Tums, Mylanta, Zantac, Pepcid, Maalox
HEMORRHOIDS	Anusol, Preparation H, Tucks
MORNING SICKNESS / NAUSEA	Vitamin B6 (25 milligrams three times a day), Sea Bands

If you have questions about any other medications, please call us at any of our locations.

Regarding cold and cough medications:

“safe ingredients” include: chlorpheniramine, diphenhydramine, dextromethorphan

“unsafe ingredients include: phenylephrine

“probably safe/use for limited time” ingredients include: pseudoephedrine, guaifenesin, loratadine

If you experience nausea, you can try:

- **Small Frequent Meals**
- **Bland foods like rice, bagels, dry cereal and crackers**
- **Ginger tea or ginger ale**
- **Cold lemon ice or Italian ice**