

# LVPG Obstetrics and Gynecology

## OBSTETRICAL OVER-THE-COUNTER MEDICATION LIST

<i>SYMPTOMS</i>	<i>TREATMENT</i>
ALLERGIES	Benadryl (diphenhydramine), Claritin (loratadine), Zyrtec (Cetirizine HCl), Chlor-Trimeton (chlorpheniramine)
CONGESTION	Sudafed (Pseudoephedrine) <i>not Sudafed PE</i> , Mucinex (Guaifenesin), Robitussin (Guaifenesin)
COLD / COUGH	Robitussin DM (Dextromethorphan HBr & Guaifenesin), Cepacol, Halls
<b>Avoid cold/flu medications containing the ingredient: phenylephrine</b>	
CONSTIPATION	Colace, Peri-Colace, Senokot, Milk of Magnesium, Benefiber, Metamucil, Citrucel, Miralax, high fiber foods, increase water intake
DIARRHEA	Imodium
PAIN / FEVER	Tylenol & Tylenol PM
HEARTBURN / REFLUX	Tums, Mylanta, Zantac, Pepcid, Maalox
HEMORRHOIDS	Anusol, Preparation H, Tucks
MORNING SICKNESS / NAUSEA	Vitamin B6: One 25 mg tablet three times a day Unisom (doxylamine succinate): One 25 mg tablet before bed  If you experience nausea, you can try: <ul style="list-style-type: none"><li>▪ Small frequent meals</li><li>▪ Bland foods like rice, bagels, dry cereal and crackers</li><li>▪ Ginger tea or ginger ale</li><li>▪ Cold lemon ice or Italian ice</li></ul>

**Please use all medications according to label instructions from the manufacturer.  
If you have questions about any other medications, please call us at any of our locations.**