

# ***LVPG-COLLEGE HEIGHTS OBSTETRICAL & GYNECOLOGICAL ASSOCIATES***

## **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

**Avoid cold/ flu medications containing the ingredient: phenylephrine**

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: <i>One 25mg tablet three times a day</i> Unisom (doxylamine succinate): <i>One 25mg tablet before bed</i>  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 manufacturer.  
If you have questions about any other medications, please call us at any of our locations.**