

Over the Counter Medications

Safe during Pregnancy or Breast Feeding

*You do not need to call prior to taking these medications

PROBLEM:

MEDICATION:

Nausea

Ginger tea, Ginger ale, Dramamine, Emetrol, Unisom (1/2 tab in AM and 1 tab in PM)
 Take with Vitamin B6 50 mg (1 tab in AM and 1/2 tab in PM)

Hemorrhoids

Anusol, Preparation-H, Tucks Medicated Pads with Witch Hazel

Constipation

Metamucil and extra non-caffeinated fluids (water), Peri-Colace or Colace, Senakot or Miralax

Headaches

Tylenol or Extra Strength Tylenol (not to exceed 4,000 mg a day) or any pain reliever WITHOUT aspirin.
 You may NOT take Advil, Motrin or Ibuprofen.

Diarrhea

Kaopectate or Imodium

Toothache

Orajel, Tylenol (not to exceed 4,000 mg a day)

Heartburn/Indigestion

Maalox, Mylanta, Tums, Rolaids, Zantac – up to 150 mg, Pepcid

Colds

Tylenol (not to exceed 4,000 mg a day), Drixoral, Sudafed, Mucinex or Actifed

Sore Throat

Chloraseptic lozenges or spray, any cough drops

Nasal Decongestant

Saline nose drops or spray, Sudafed, Benadryl, Zyrtec, Claritin

Yeast Infection

Monistat vaginal cream, Gyne-Lotrimin vaginal cream

***Recommend non-combination of medications