

Physicians for Women of Greensboro
OVER THE COUNTER MEDICATION IN PREGNANCY & BREASTFEEDING

Only take medications when necessary during pregnancy, especially in the first 14 weeks. Please call our office or speak to the pharmacist if you have any questions. You should notify all healthcare providers that you are pregnant prior to treatment or prescribing medications.

COLD / ALLERGY:

Any Tylenol products or generic equivalent – read box for symptoms, Drixoral, Triaminic, Chlortrimeton, Benedryl, Sudafed (Pseudoephedrine), Dimetapp, Zyrtec, Claritin, Claritin D, Zicam, Breathe Right Strips, Vicks Vapor Rub, nasal sprays (Afrin, Dristan, 4-Way, saline), humidifier

NO DECONGESTANTS FOR THOSE PATIENTS ON TERBUTALINE

COUGH / SORE THROAT:

Limited use (3-5 days): Robitussin DM (Dextromethorphan, Guaifenisin), Mucinex, Delsym. Chloraseptic spray, Cough drops/lozenges (Bromphenamine, Chlorphenamine, Diphenhydramine, Pseudoephedrine), salt water gargles

DIARRHEA:

Immodium AD, Lomotil

HEMORRHOIDS:

Preparation H, Anusol, Tucks, sitz baths

LAXATIVES / STOOL SOFTENERS:

Colace, Surfak, Dulcolax (Docusate Sodium), Correctal, ExLax (Phenolphthalein) Milk of Magnesia, Metamucil, Citrocel, Fibercon (fiber), Fleets Enema, Magnesium Citrate, Miralax

PAIN / HEADACHES:

Tylenol (Acetaminophen)

NOT RECOMMENDED IN PREGNANCY – Aspirin, Ibuprofen (Advil, Motrin), Naproxyn (Anaprox, Aleve)

STOMACH / GAS:

Mylanta, Maalox, Rolaids, Tums, Zantac, Pepcid AC, Prilosec **DO NOT TAKE PEPTO BISMOL**

TOPICAL:

Limited use: Clearasil, Oxy 10 (Benzoyl Peroxide), Insect Repellants

Ambesol, Americaine (Benzocaine), Hydrocortisone, Neosporin, Anti-fungal creams

YEAST INFECTION:

Monistat, Gyne-Lotrimin, Mycelex

NAUSEA / VOMITING:

Sometimes referred to as Morning Sickness. You need to eat frequent, small meals (3-6 per day). Drink liquids between meals instead of with foods. Avoid foods with strong odors and fatty fried or spicy foods. Before you get out of bed in the mornings, eat a few crackers, a hand full of dry cereal, popcorn or plain toast. Get up slowly and avoid sudden movements. Eat a light snack which includes both carbohydrates and protein before going to bed. You can try Emetrol or Unisom tablets at night with 50mg of Vitamin B6, may repeat ½ Unisom with 50 mg of Vit B6 in the morning and again at 4:00pm if needed. If it continues, get worse, you are unable to keep anything down or feel dehydrated, you can call the office for a prescription.

After 20 weeks gestation, hair dyes, hair permanents and self tanning lotions are probably acceptable.