

Southpointe OB/GYN
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OVER THE COUNTER MEDICATIONS DURING PREGNANCY

During your pregnancy you may need to take an occasional over the counter medication. The following medications are recommended and should be taken per package instruction. These medications are thought to be safe during pregnancy.

MINOR PAINS AND HEADACHES:

Tylenol regular or extra strength

HEAD COLDS:

Sudafed, Actifed, Tylenol cold formula

COUGHS:

Robitussin (plain or DM)

HEMORRHOIDS:

Over-the-counter products such as: Preparation H, Anusol, or generic store brand equivalent.

HEARTBURN & INDIGESTION:

Tums, Zantac, Pepcid AC

DIARRHEA:

Imodium AD

CONSTIPATION:

Colace stool softener or a fiber agent (e.g. Metamucil, Citrucel)

VAGINAL ITCHING/ YEAST INFECTION:

Monistat, Gynelotrimin

ALLERGIES/DECONGESTANT:

Zyrtec, Benadryl, Claritin, Sudafed, Phenylephrine

IRON SUPPLEMENT:

Slow FE or Ferro-Sequels

CALCIUM SUPPLEMENT:

Tums, Citracal

ANTIBIOTICS:

All penicillins (penicillin, Amoxicillin, Ampicillin) Cephalosporins (Keflex), Erythromycin (not estolate), Azithromycin, Clindamycin, Nystatin, Clotrimazole (okay AFTER first trimester). These medications may be prescribed by other doctors and are safe to use during pregnancy.

OVER THE COUNTER HERBALS:

Use NO over the counter herbals or dietary supplements

DENTAL:

Novocaine, Lidocaine. Use only PLAIN. No epinephrine

Notify the physician for:

- *Symptoms that last more than 48 hours*
- *Fever over 101 which does not resolve in 24 hours*
- *Symptoms unrelieved by the above suggested medication*

DO NOT SUBSTITUTE FOR ANY OF THE ABOVE MENTIONED MEDICATIONS WITHOUT FIRST TALKING WITH YOUR DOCTOR