



OB Quick Reference Guide

North Florida OB/GYN: (904) 208-2550 (including after hours)
Baptist Downtown Labor & Delivery: (904) 202-2055



Safe Over-the-Counter Medication List during pregnancy

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|--------------------------|--|
| Allergy: | Allegra, Benadryl, Claritin, Mucinex, Zyrtec |
| Cold/Sinus: | Tylenol (Acetaminophen) Cold & Sinus, Benadryl, Claritin, Mucinex, Singulair, Sudafed, Zyrtec **No products containing alcohol** |
| Congestion: | Tylenol (Acetaminophen) Cold & Sinus, Claritin, Sudafed, Tavist D, Vicks Vapor Rub |
| Cough: | Robitussin DM, Vicks cough syrup, Vicks Vapor Rub |
| Sore Throat: | Chloraseptic throat spray or lozenges, gargle with warm salt water as needed |
| Constipation: | Colace, Dulcolax, Metamucil, Miralax, Senokot, Surfak, Milk of Magnesia (if no BM in 3 days) |
| Diarrhea: | Immodium, Kaopectate, Pepto Bismol **Call if persistent** |
| Gas: | Gas X, Maalox, Mylanta, Mylicon |
| Heartburn: | Tums, Maalox, Mylanta, Pepcid AC, Prevacid, Prilosec, Zantac |
| Nausea/ Vomiting: | Dramamine, Emetrol (if not diabetic only), Sea Bands, Vitamin B6 25mg three times a day |
| Hemorrhoids: | Anusol, Preparation H, Sitz baths, Tucks pads, Witch Hazel |
| Headache/ Pain: | Tylenol/Acetaminophen (regular or extra strength) |
| Insomnia: | Tylenol (Acetaminophen) PM, Benadryl **Avoid caffeine** |
| Yeast infection: | Monistat 7 night vaginal cream treatment |

****As always, please call if any questions/concerns, or if above treatments do not work for your problem!****

Preterm Labor Precautions (36 weeks or less): 5-6 contractions/cramps in an hour, vaginal bleeding, leaking fluid, and/or constant lower back pain

Labor Precautions (37 weeks +): Contractions every 5 minutes or less x one hour, leaking fluid, and/or - vaginal bleeding more than spotting

****Losing your mucus plug is NOT a sign of labor and you do not have to call to report****

Note: Vaginal spotting is normal after a vaginal exam in the office or after having sexual intercourse

