

NORTH FLORIDA OB GYN, LLC BAPTIST II OVER THE COUNTER MEDICATION LIST

Medication should be avoided during pregnancy. safe for pregnancy	These meds have been used for years and are considered * any Tylenol or Robitussin
FOR PAIN AND/OR FEVER: Check with M.D. re: source of fever	Tylenol (Plain, extra strength or PM)
ANTACIDS:	Maalox, Mylanta, Tums, Rolaids
HEARTBURN: (If antacids are not working well)	Tagamet, as directed, Pepcid AC, follow directions on box, Zantac 150 mg, 2 twice daily. Gaviscon works well for gas and heartburn Axid, Acid AR
LAXATIVES:	Citrucel, Fibercon, Metamucil, Dulcolax, Correctol
STOOL SOFTENERS:	Doxidan, Colace, Surfak, Dialose, Docusate, Kaopectate Stool softener only-no other Kaopectate products
STOOL SOFTENERS WITH STIMULANT:	Peri-colace, Senikot S
COUGH AND CONGESTION:	Any Robitussin Formula, Mucinex, Vicks Dayquil only Any Tylenol Formula, Sudafed
SORE THROAT:	Gargle with salt water, throat lozenges, Cold Formula Tylenol
SINUS PROBLEMS:	Congestion – Sudafed, Allergy Actifed, Headache – Sinus Formula Tylenol, Claritin, Zyrtec NasalCrom – take up to 1 to 2 weeks
EYE DROPS:	Refresh Tears
DIARRHEA:	Immodium AD
NAUSEA/VOMITING:	Dramamine, Emetrol, Bonine, Dramamine Non-Drowsy (ice pops instead of drinking lots of fluids if cannot tolerate liquids) Sea Bands work for some patients Vitamin B6 50 mg and ½ unisom tablet twice per day
HEMORRHOIDS:	Anusol HC, Preparation H, Tucks, LMX 4%
RASH, ITCHING/ALLERGY:	Benadryl 25 – 50 mg as directed, Benadryl Allergy, Aveeno Bath Bar, Claritan, Zyrtec, Alavert, Tavist
SLEEP:	Tylenol PM, Unisom, Benadryl 25 – 50 mg
YEAST:	Monistat 1, 3 or 7 day