



ROPER ST. FRANCIS

PHYSICIAN PARTNERS

OB MEDICATIONS

Some aches and pains are common during pregnancy. It is advised that medications should generally be avoided during pregnancy. However, if it is necessary, you may take medications from the following list while pregnant or breastfeeding without contacting our office.

Please note we do not advise the use of Aleve, Aspirin, Ibuprofen, or Motrin during pregnancy

ALLERGIES (SEASONAL): Actifed, Benadryl, Claritin, Zyrtec

COLD AND SINUS:

Mucinex, Saline Spray

After the First Trimester: Tylenol Flu, Tylenol Cold, Tylenol Sinus, Sudafed

CONSTIPATION:

Stool softeners: Surfak, Colace, Senekot

Fiber supplements: Citrucel powder, Fibercon tablets, Metamucil

Laxatives: Milk of Magnesia, Miralax

COUGH: Robitussin, Guaifenesin

CRACKED NIPPLES: PureLan, A&D Ointment, Vitamin E capsules – apply content of gel cap to nipples

DIARRHEA: Immodium

GAS: Mylicon, Beano, Simethicone, Gas-X

HEAD LICE: RID or NIX

HEARTBURN INDIGESTION:

Tums with Calcium, Mylanta, Maalox, Pepcid, Gaviscon, Zantac, Prilosec, Nexium

HEMORRHOIDS (EXTERNAL): Anusol HC, Preparation-H (with hydrocortisone), Tucks pads, Sitz bath

NAUSEA: Vitamin B-6 (25mg Three times a Day), Unisom (Doxylamine)

PAIN / FEVER: Tylenol

***If greater than 24 weeks and headache persists despite medication, call office**

RASH / ITCHING: 1% Hydrocortisone cream, calamine lotion, Benadryl, Aveeno or Oatmeal Bath

SORE THROAT: Lozenges, Chloraseptic Spray

YEAST INFECTION: Monistat