

Nausea	Vitamin B6 50 mg 2x/day OR Vitamin B6 25 mg 4/day ADD Unisom (doxylamine) 1/2-1 pill 3 times daily or just at night as it may cause drowsiness Dramamine, Sea Bands (Acupressure) <i>Call the clinic if you are unable to hold liquids down, have severe nausea/vomiting, are only urinating a small amount or your urine is dark in color or you feel dizzy or faint when you stand.</i>
Respiratory Virus (Sinus, Nasal congestion & Colds)	Plain Sudafed, Tylenol Cold and Sinus, Flonase, Saline Nasal Spray, Afrin spray (NO MORE than 2x/day and NOT greater than 2-3 days), Guaifenesin (Mucinex), Cool mist vaporizer, Vicks Vapor Rub, Emergen-C
Allergies (Antihistamines)	Claritin, Allegra, Zyrtec, Benadryl, ChlorTabs (Chlorpheniramine), Actifed
Sore Throat & Cough	Lozenges – Cepacol, Chloraseptic, Salt Water Gargle with warm water Cough Drops – Halls, Vicks, or lemon drops Cough syrup containing dextromethorphan (Robitussin plain and DM formulas)
Headache, Pain & Fever	Tylenol or other acetaminophen products: 650-1000 mg every 6-8 hours (up to 3 gm/24 hours) as needed. <i>If not relieved, call the office.</i> <i>You should NOT use aspirin or ibuprofen unless directed by a health-care provider</i>
Acid Reflux & Heartburn	Tums, Pepcid, Prilosec, Gaviscon, Maalox, Mylanta
Gas	Simethicone products – Gas X, Mylicon
Constipation	Stool Softeners –Colace (Docusate Sodium) Fiber Laxatives – Miralax, Metamucil (powder, capsules, or wafers), Fibercon
Diarrhea	Kaopectate, Imodium, Imodium AD <i>Drink lots of fluids. Avoid dairy products and stop prenatal vitamins until diarrhea subsides. If not resolved in 24-36 hours, call the office.</i>
Insect Bites & Rashes	Lotions – Calamine, Caladryl, Benadryl Hydrocortisone 1% <i>If rash is unusual or persists, call the office</i>
Hemorrhoids	Preparation H, Anusol cream, Tucks or cold with hazel compresses
Vaginal Yeast Infection	Monistat (seven day), Gyne-Iotrimin
Sleep	Unisom (doxylamine), Benadryl, Tylenol PM
Acne	Benzoyl Peroxide, Salicylic Acid AVOID Retin-A

*Please follow package directions for all medications

* For further information regarding medications visit: MothersToBaby.org

This list has been compiled by Associates in Women's Health and is intended for use by our patients. There are no "guarantees" regarding safety of medications in pregnancy, so avoid taking medication you do not need. This is not an all-inclusive list of medications. If you have questions about medications, please call our office.