

# MEDICATION LIST FOR PREGNANCY

It is important during your pregnancy to keep all medications to a minimum. Most over the counter medications are safe to use in pregnancy. The following is a list of medications that may be used during pregnancy, if necessary. If you are not improving after using the recommended medication, or if you have a fever of 101 or above, please call our office and talk to one of our nurses. If you think you have an infection (sinus, bladder, kidney, etc.) please take your temperature prior to calling us. The best time to call our office is during office hours when your chart is available. (Monday through Thursday, 8:00 am to 5:00 pm or Friday 8:00 am to 12:00 noon). For problems of a more serious nature that cannot wait until we are open, please call the office number (256)386-0855 and the answering service will page the physician on call to return your call.

**HEADACHES** – Regular or Extra Strength Tylenol

**COLD OR SINUS SYMPTOMS** – Tylenol Cold, Sudafed, Benadryl, Actifed Cold and Sinus, or Zyrtec

**COUGH** – Mucinex, Robitussin CF, Robitussin DM, or Robitussin PE

**NAUSEA & VOMITING** – Emetrol Syrup, Vitamin B6 (Take once in the morning and once in the evening. If no relief, you may try adding Unisom with the Vitamin B6.) If you are not tolerating any foods or liquids for more than 24 hours, notify us.

**INDIGESTION & HEARTBURN** – Tums, Roloids, Maalox, Mylanta, Riopan, Pepcid AC, or Zantac. Use as directed before meals and at bedtime.

**CONSTIPATION** – Increase fiber and bulk in your diet. Increase water intake too (at least 8-10 glasses daily). If problem persist you may try stool softeners such as Colace or Surfak.

**DIARRHEA** – Imodium Advanced or Imodium AD If you are concerned that you are becoming dehydrated, please call the office.

**HEMORRHOIDS** – Vaseline, Anusol Ointment, Anusol Suppositories, Preparation H, or Tucks pads. Soaking in a warm bath may also help.

**VAGINAL DISCHARGE** – Any discharge with itching, burning, odor, or color needs to be evaluated. Please call the office.