



Over-the-counter medications should be reviewed with your provider. Use as directed.

ACNE:

Safe – Topical Benzoyl Peroxide, Topical Salicylic Acid

Avoid – Accutane, Retin-A, Tetracycline, Minocycline

CAFFIENE:

Less than 200mg per day (equivalent to 1 cup of coffee or approximately 3 12oz sodas)

COLD/HAYFEVER:

Safe – Benadryl, Claritin, Claritin D*, Chlor-Trimeton, Dimetapp, Drixoral-non-drowsy, Mucinex (guaifenesin), Sudafed/Sudafed-12 hour, Sudafed PE * pseudoephedrine, Tylenol Cold & Sinus, Vicks Vapor Rub, Zyrtec

***AVOID** if problems with blood pressure

CONSTIPATION:

Safe – Colace, Docolax Suppository, Fibercon, Metamucil, Miralax, Senokot

COUGH:

Safe – Cough Drops, Robitussin (plain and DM formulas)

DIARRHEA:

Safe – Kao-Pectate, Imodium AD, Increase Fluids

FEVER:

Safe – Tylenol regular (325 mg) (no more than 10 tablets in 24hrs) or Extra Strength (500 mg) (no more than 6 tablets in 24hrs)

GAS:

Safe – Gas-X, Mylicon, Phazyme

HEADACHES:

Safe – Aspirin-Free Excedrin, Cold Compress, Tylenol (regular or Extra Strength)

HEARTBURN:

Safe – Aciphex Maalox, Milk of Magnesia, Mylanta, Pepcid, Pepcid Complete, Prevacid, Prilosec, Rolaids, Tums (limit = 4 per day), avoid lying down for at least 1hr after meals

HEMORRHOIDS:

Safe – Anusol/Anusol HC (Rx: Analapram 2.5%), Hydrocortisone OTC, Preparation H, Tucks, Vaseline lotion applied to tissue with wiping

LEG CRAMPS:

Safe – Magnesium Supplement

NASAL SPRAY:

Safe – Saline Nasal Spray

NAUSEA:

Safe – Vitamin B6 25mg TID, Dramamine, Emetrol, Ginger Root 250mg QID, high complex carbs at bedtime, sea bands (acupressure), Unisom ½ tablet TID

SLEEP AIDS:

Safe – Benadryl, Chamomile tea, Unisom, Tylenol PM, warm milk (add vanilla or sugar for taste)

SUGAR SUBSTITUTES:

OK in moderation

THROAT:

Safe – Cepacol, Cepastat, saltwater gargle with warm water

TOOTH PAIN:

Safe – Oragel

VACCINES:

Safe – COVID-19, Flu shot, Hepatitis A, Hepatitis B, Pneumovax, Polio booster, Tdap, Tetanus, Tuberculosis test or PPD

Avoid – Live Poliovirus, MMR (Measles, Mumps, Rubella), Varicella (chickenpox)

Vaccines to discuss with provider – Gardasil
(No known complications if received before known pregnancy - resume series after delivery)

YEAST:

Safe – Femstat, Gyne-Iotrimin, Monistat

MISCELLANEOUS SAFE MEDICATIONS:

All sunscreens, hair coloring/highlights, insect repellants (including DEET), Mystic tans

MORNING SICKNESS RELIEF:**Unisom & Vitamin B6 (50mg)**

½ tablet of Unisom in the morning with 50 mg of Vitamin B6

Take Vitamin B6 every 6 hours

If still nauseous mid-afternoon can take another ½ tablet of Unisom

At bedtime: take full tablet of Unisom with 50mg of Vitamin B6

If No Relief, Call the Office

OR TRY:

Diclegis – A perscription drug for nausea/vomiting in pregnancy and is recommended before using Zofran*.

*There has been some controversy with Zofran and birth defects especially before 10 weeks.

Ginger Tea - Sliver of ginger root steeped in hot water

Do not hesitate to contact your physician if you have any questions or concerns regarding the medications both listed and not listed above.