

Over The Counter Medications For OB Patients

Please use this as a guide for the most reasonable treatment, contact your health care professional if comments advise you to seek approval first, or if you do not find symptom relief.

Symptoms	Medications	When OK	Additional Comments
Allergies	Saline nasal spray, cetirizine hydrochloride (Zyrtec), Loratadine (Claritin)	All Trimesters	No antihistamines or over the counter medications without MD approval.
Cold	Diphenhydramine (Benadryl), Guaifenesin (Mucinex), Chlorphenamine (Chlor-Trimeton) Chloroseptic Spray or lozenges, Nyquil – alcohol free only, Robitussin DM, Saline nasal spray, Vicks vapo rub, Sucrets, Pseudoephedrine (Sudafed)	All Trimesters	Call if symptoms persist more than 7 days or if temperature is greater than 100.4. Drink plenty of fluids for Mucinex to work well. (8-10 glasses per day).
Congestion (sinus)/	Tavist D, Sudafed, Claritin D, Zyrtec D	All Trimesters	Do not use if you have high blood pressure or are taking Terbutaline.
Constipation	Fiber: Metamucil, Citrucel, Fibercon, Stool softener: Docusate (Colace) Laxative: Milk of Magnesia, Miralax, Bisacodyl (Dulcolax)	All Trimesters	Ok with breast feeding. Also recommend Preparation H and ice packs. Laxatives recommended only if fiber and stool softeners are ineffective.
Cough	Robitussin DM only	All Trimesters	Call if you have colored sputum, history of asthma, shortness of breath or if symptoms persist for more than 7 days.
Dietary Supplements	Calcium 1200mg/day DHA 1 tab/day *Iron (Ferrous Sulfate) 325 mg/day Folic Acid 1 mg or 1000mcg/day Prenatal Vitamin 1 tab/day Vitamin D3 2000mcg/day	All Trimesters	*Do not take Iron supplements unless directed by your healthcare provider. If iron is physician recommended, slow release iron is most easily digested.
Heartburn	Maalox, Mylanta, Tums – if no improvement: Zantac, Pepcid, Prilosec, Nexium, Prevacid	All Trimesters	Call clinic if symptoms persist or do not improve.
Headache	Acetaminophen (Tylenol) regular or extra-strength – maximum dose 4000mg per 24 hours	All Trimesters	If changes in vision or headache is severe, call the clinic.
Hemorrhoids	Anusol, Preparation H, Tucks or Preparation H pads, Proctofoam, Witchhazel pads	All Trimesters	Witchhazel pads with sitz baths. Over the counter suppositories ok. No laxatives or mineral oil.
Immunizations	Flu Vaccine, Hepatitis B, TDAP, Tetanus		Recommended for all pregnant women.
Muscular sprains, aches	Acetaminophen (Tylenol) regular or extra-strength – maximum dose 4000mg per 24 hours	All Trimesters	Do not take: Aspirin, Aleve, Naprosyn or Ibuprofen.
Nausea/Vomiting	Unisom ½ tablet at breakfast and 1 tab at bedtime in conjunction with Vitamin B6 25 mg 4x per day. Doxylamine ½ tab twice a day	All Trimesters	Mint Tea, crackers, ginger, candied ginger, ginger tea and frequent meals. If you are unable to keep fluids down for more than 24 hours, call the clinic.
Skin Irritations/ Itching	Diphenhydramine (Benadryl) cream or tablets, calamine lotion, Aveeno anti-itch lotion/cream, Aveeno oatmeal bath	All Trimesters	
Sore Throat	Over the counter herbal drops, lozenges, Chloraseptic spray	All Trimesters	Call if symptoms persist more than 3 days, or if temperature is greater than 100.4.
Yeast Infections	Monistat 7, Monistat suppositories 5-7 day only, Clotrimazole tablets or cream, Mycostatin vaginal tablets. <i>1 day treatments are not recommended.</i>	All Trimesters	Use only for 7 days and if not improved call the clinic. If you are not sure that your symptoms are yeast, please schedule an appointment.