

Stoneridge OBSTETRICS & GYNECOLOGY

MEDICATIONS FOR THE PRENATAL PATIENT

Headaches/Pain/Migraine Headaches

- Regular or Extra-Strength Tylenol
- Tylenol with caffeine (Excedrin Tension: none with aspirin)

Coughs/Cold

- Over-the-counter preparations are acceptable if they contain only: acetaminophen, pseudoephedrine (Sudafed: these preparations can be obtained at the pharmacy counter), dextromethorphan, guaifensin, or diphenhydramine (name brands include Thera-Flu, Robitussin and Mucinex)
- All cough drops
- Saline nasal spray may be used to help with congestion
- Check labels as ingredients change from time to time and may not be the same as the last time you purchased it
- DO NOT take phenylephrine
- DO NOT use cough preparations that contain alcohol

Seasonal Allergies

- Over-the-counter preparations that contain acetaminophen
- Benadryl or chlorpheniramine (such as Chlor/Trimeton), Claritin, Zyrtec, Flonase and Singulair

Constipation

- Increase fluids, fresh fruits, vegetables and bran cereal
- Increase daily walking
- Metamucil, Senekot, Surfak, Colace and Phillips Milk of Magnesia as well as glycerin suppositories

Calcium

- Recommended dosage for prenatal patient is 1500-2000mg daily
- This may be obtained through diet or supplements, such as Tums, Viactiv, Caltrate and Oscal
- Milk contains 300mg per 8oz glass

Vaccines

- Flu shot is recommended during pregnancy
- Tdap is recommended during pregnancy for prevention of pertussis (whooping cough)

Prescription Antibiotics

- Any penicillin (such as Augmentin and Amoxicillin), cephalosporin (such as Keflex), Erythromycin, Zithromax and Macrodantin
- Bactrim is acceptable after the first trimester.
- If you have any questions regarding an antibiotic that has been prescribed for you, please contact the prescribing physician

Indigestion/Heartburn

- Tums, Rolaids, Mylanta, Maalox, Zantac(75mg), Omeprazole (Prilosec) and Pepcid AC
- AVOID Alka-Seltzer and Pepto Bismol
- Lactose pills are acceptable if you are lactose intolerant.

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Hemorrhoids

- Tucks , Anusol-HC and Preparation H
- Warm tub soaks for 15-20 minutes, three times a day

Cold Sore

- Lysine and Abreva

Muscle Aches

- Mineral Ice and BenGay
- AVOID hot tubs
- A heating pad may be used for 10 minutes at a time; AVOID the “hot” setting and DO NOT apply directly to the abdomen

Rash

- Hydrocortisone cream 1%, Benadryl, Calamine Lotion, A&D and Eucerin

Dental

- Lidocaine or another local anesthetic is acceptable if you are not allergic.
- X-Rays are acceptable if necessary to determine treatment options and if the abdomen is shielded.

Insomina

- Warm milk
- Diphenhydramine (Benadryl) 25 or 50mg used sparingly
- Unisom sleep tablets (1/2 tablet, 12.5mg)

Yeast Infections

- Terazol is safe and by prescription only
- Any over-the-counter anti-fungal preparation is acceptable; Monistat 7 day is preferred; DO NOT use the applicator after 36 weeks of pregnancy

Diarrhea

- Kaopectate and low-dose Imodium

Nausea and Vomiting

- Diclegis (prescription required)
- Vitamin B6 25mg three times per day

Prenatal Vitamins

- Any prenatal vitamin, prescription or over-the-counter, is safe; we recommend a DHA-containing prenatal vitamin
- If you need a vegetarian type prenatal vitamin, use Prenatal Plus with DHA
- AVOID extra doses of vitamins