

Gloucester Women's Clinic in
Association with Womens HealthCare

MEDICATION LIST FOR OB PATIENTS

The following "over-the-counter" drugs may be taken safely during pregnancy. Please remember that "non-drug treatment" should be attempted first. If there is no relief, you may use the following guidelines: (Examples - if you have a headache: non-drug treatment - lie down in a quiet, darkened room and rest. If there is no relief after trying this, then take one of the recommended medications).

COLD, ALLERGY OR SINUS

Tylenol (symptom specific)
Actifed/Sudafed
Chlortrimetron
Drixoral (after 16 weeks)
Sudafed
Nostrila Sinex
Nasalcrom

SORE THROAT

Chloroceptic spray
Cepacol lozenges
Sucrets
Warm Salt Water (to gargle)

HEMORRHOIDS

Tucks
Preparation H
Anusol
Hemorid
Warm bath

NAUSEA

Vitamin B-6 (pyroxidine)
100mg 3 times a day
Emetrol
Pepto-Bismol

INDIGESTION

Mylanta Roloids
Mylicon Tums
Riopan Maalox
DiGel Zantac

CONSTIPATION

Fiber (fresh fruits & vegetables)
Milk of Magnesia
Colace/Pericolace (stool softeners)
Plenty of water
Metamucil

DIARRHEA

Kaopectate
Donnagel - PG
Pepto-Bismol
Immodium-AD

LAXATIVES

Senokot
Doxidan
Peri-Colace or generic equivalent
Milk of Magnesia

COUGH

Benylin Expectorant
Robitussin - plain or DM
Vaporizer
Vicks inhaler
Halls Cough Drops

HEADACHE

Tylenol Regular or Extra Strength
(or any brand of Acetaminophen)
Anacin-3
Hot, moist towel over eyes/forehead

SLEEP

Tylenol PM
Excedrin PM
Benadryl

For yeast infection:

2 cups corn starch
½ cup baking soda
or
Monistat on outside only
or
consult Physician

DO NOT TAKE WITHOUT DOCTOR'S ORDERS

Aspirin (or anything with aspirin in it)
Ex Lax
Sinutab