



Please refer to our OBSTETRIX pamphlet for non-medicinal therapies that can be tried before these or other medications.



It is **VERY IMPORTANT** to use these medications only when indicated.



USE ONLY the medications that are listed and as directed.



Confirm with your pharmacist that you are purchasing the **CORRECT DRUG**.



Many “cold remedies” may include medications that are **NOT SAFE** to take during pregnancy.



If your symptoms worsen, do not improve, or you have concerns, **PLEASE CALL THE OFFICE.**

PEDIATRIX **OBSTETRIX**

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Over the Counter Medications



PEDIATRIX **OBSTETRIX**

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Colds and/or Coughs

If you develop a cold and/or cough it is not necessary to call the office before using the listed medications unless you develop a fever of 100.5 degrees, have the cold and cough longer than 5 days, or develop other symptoms that concern you.

You may take the following medications to alleviate the symptoms that you may experience with a cold, cough, or allergies:

- **Tylenol Extra Strength**
Acetaminophen, 500mg tablets
Not to be used for pre-term labor symptoms. Use for general aches, headaches, and fever. Take 2 tablets every 4 to 6 hours as needed. *Do not use any of the ibuprofen products, which includes Advil and Motrin!*
- **Robitussin**
Guaifenesin
Use for temporary relief of cough due to minor throat and bronchial irritation or sinus stuffiness when drainage is not consistently green. You may take 2 teaspoonfuls every 4 to 6 hours. Pay careful attention to use only PLAIN ROBITUSSIN (generic Robitussin is ok). No combination remedies or Robitussin with other ingredients.
- **Cepacol Throat Lozenges**
Use as directed on package. If a sore throat persists longer than 3 days or is accompanied by a fever greater than 100.5 degrees, call the office.
- **Sudafed Nasal Decongestant**
Pseudoephedrine Hydrochloride, 30mg
Use for temporary relief of sinus congestion and pressure. You may take 1 to 2 tablets every 4 to 6 hours. *“Do Not Use if you have High Blood Pressure!”*

Diarrhea

Call during office hours if you experience diarrhea longer than 24 hours with or without a fever. Medications for diarrhea should only be used if absolutely necessary and when directed to by our office.

- **Immodium A-D or Kaopectate**
Take as directed on package.

Hemorrhoids

Hemorrhoids are a common discomfort associated with pregnancy. They may create a burning, itching or painful sensation at and around your rectum. Occasionally, bleeding can occur with bowel movements. Report heavy rectal bleeding.

- **Witchhazel, Tucks, Preparation-H or Amusol HC-1**
Use as directed on package.

Constipation

- **Colace—Ducosate Sodium, 100mg**
May take twice daily with meals.
- **Metamucil—Psyllium husk fiber**
Take 2 teaspoons at bedtime with a full glass of water.
- **Mylicon—Simethicone, 80-160mg**
May take 2 tablets every 6 hours as needed for gas.
- **Milk of Magnesia—Magnesium Hydroxide**
May take 1 ounce (30ml) twice daily and up to 4 times daily.

Indigestion

Is a common discomfort of pregnancy. Normal indigestion occurs after meals and with certain foods. Minimize your fluid intake with your meals, avoid irritant foods, and avoid lying down right after meals. Call during office hours if the below medications are ineffective.

- **Tums, Maalox, and Mylanta**
Take as directed on package and do not take within 2 hours of prenatal vitamins or iron.

Backache

Is a common discomfort of pregnancy. If you are experiencing a backache that is not relieved with rest or is accompanied with menstrual cramps or symptoms of pre-term labor, call the office. You may try warm baths, massage therapy, acupuncture therapy, or the below remedies.

- **Tylenol Extra Strength**
Take 1 or 2 tablets every 4 to 6 hours.
- **Mineral Ice or Eucalyptamint**

Insomnia

Is a common discomfort of pregnancy. Avoid reading and watching TV in bed. Try eating a protein snack at bedtime, and again, if you wake in the middle of the night and can't get back to sleep.

- **Benadryl**
Diphenhydramine Hydrochloride, 25mg tablets
May take 25 to 50 mg at bedtime.
- **Tylenol PM**
May take 1 to 2 tablets at bedtime.
- **Unisom**
May take 1/2 to 1 tablet at bedtime.