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APPROVED OVER THE COUNTER MEDICATIONS FOR PREGNANCY

In general, the fewer medications in pregnancy, the better. However these medications have not been found to have any fetal effects if taken after 13 weeks gestation.

As usual, we never mind a phone call if you have any questions or if symptoms persist.

Headache, body ache, low-grade fever - Tylenol or Extra-Strength Tylenol

Colds - Sudafed, Tylenol Cold and Sinus, Dimetapp, Regular Benadryl

Cough - Robitussin or Robitussin DM (use sugar-free if diabetic)

Constipation - Increase fluid intake, use glycerin suppositories and stool softeners such as Colace or Metamucil regularly. If you are less than 20 weeks pregnant, and enema is safe for severe constipation.

Diarrhea - Imodium AD or Kaopectate

Gas - Maalox Plus, Mylanta II, Mylicon

Heartburn - Maalox, Mylanta, Zantac, Pepcid AC, Tums, Rolaids

Hemorrhoids - Anusol Cream, Preparation-H, witch hazel on cotton pads, Tucks, ice packs

Nausea - Emetrol

Sore Throat - Chloroseptic spray or lozenges or Cepacol lozenges

Tooth pain - Extra-Strength Tylenol

Yeast infections - Monistat 3 or 7 day (suppositories or cream)

Vaccinations - Flu shots in pregnancy are allowed as this is not a live virus. PPD testing for tuberculosis is allowed. Hepatitis vaccinations are allowed. D-TAP vaccine is also allowed.

Hair color and perms are allowed.

Do not take ibuprofen, Aleve, Advil, Motrin or any medication with the description of NSAID.