

MEDICATION LIST FOR OBSTETRICAL PATIENTS AND NURSING MOTHERS

***These medications have been approved by your obstetricians. They are generally safe for pregnant and nursing mothers.**

NAUSEA

- Emetrol As Directed
- Vitamin B-6 50 mg. Twice Daily
- Unisom ½ tablet Every 6 hrs. as needed (caution-may cause drowsiness)
- Chewing Gum
- Ginger Ale
- Dramamine 50 mg. By mouth 4 times per day, as needed
- Ginger Tea

HEADACHE/PAIN

- Tylenol (acetaminophen) Regular or Extra Strength as directed
- Tylenol Sinus
- Excedrin-Aspirin Free
NO ASPIRIN
NO IBUPROFEN/ADVIL/MOTRIN
NO ALEVE
NO ORUDIS

COLD/SINUSITIS

- Contact
- Tylenol Cold Medication
- Sudafed (Pseudoephedrine)
- Sudafed PE
- Benadryl
- Claritin
- Vick's Vapor Rub
- Afrin Nasal Spray (or generic equivalent) Use no longer than 3 consecutive days.

SORE THROAT

- Cepacol Lozenges
- Chloraseptic Lozenges
- Sucret Lozenges
- All cough drops
- Gargle with salt water or Listerine

COUGH

- Robitussin Cough Syrup or cough drops
- Vick's Formula 44

DIARRHEA

- Kaopectate
- Gatorade
- Imodium
- BRAT Diet – Bananas, Rice, Applesauce, Tea or Toast

CONSTIPATION

- Metamucil
- Citrucel
- Fibercon
- Glycerin Rectal Suppositories
- Milk of Magnesia
- Colace (Docusate Sodium)
- Konsyl daily with juice

HEMORRHOIDS

- Anusol Rectal Suppositories or Cream
- Preparation H Suppositories or Cream
- Tucks
- Sitz Baths
- Maintain adequate dietary fiber and 6-8 glasses (8ounces) of water

HEARTBURN/UPSET STOMACH/GAS

- Maalox
- Mylanta
- Tums
- Gavison
- Zantac 75
- Pepcid AC
- Phazyme
- Gas-X

ALLERGY SHOTS

- May be continued. Please consult with Allergist.

VAGINAL YEAST INFECTION

- Monistat Vaginal Cream
- Gyne-Lotrimin
- Femstat

IMMUNIZATIONS

- Hepatitis B
- Flu Vaccine-any trimester-vaccine is recommended for OB patients
- Tuberculin Skin Test

You may take Ampicillin, Penicillin, Cephalosporins or Zithromax if you are not allergic to these medications. All medications should be taken according to the package directions.

Generic Equivalent, if available, is OK.