



Do not take any medication (over the counter or prescription) in the first trimester other than Prenatal Vitamins and Tylenol without checking with your physician. If you have a medical condition for which you normally take medication, check with both your ordering physician and your obstetrician regarding continuing the medication.

**APPROVED OVER-THE-COUNTER MEDICATION LIST FOR
OBSTETRICAL PATIENTS (after the first trimester)**

HEADACHE

- **Tylenol Extra Strength Tablets, Pain Reliever and Fever Reducer**
Directions: Take 2 tablets every 4-6 hours as needed. Do not take more than 8 tablets in 24 hours.
- **Tylenol 8 Hour Extended Relief Caplets**
Directions: Do not take more than directed (see overdose warning). Take 2 Caplets every 8 hours with water. Swallow whole-do not crush, chew or dissolve. Do not exceed more than 6 caplets in 24 hours. Do not use for more than 10 days.
- **Ibuprofen**
Directions: Take per package instructions or as directed by physician until 32 weeks gestation.

NASAL CONGESTION

- **Sudafed** (Pseudoephedrine 60 mg)
Directions: Take 1 tablet every 4-6 hours. Do not exceed more than 4 doses in 24 hours.
- **Zyrtec** (Cetirizine 10 mg)
Directions: Take 1 tablet per day. Do not exceed 10mg per day.
- **Claritin** (Loratadine 10mg)
Directions: Take 1 tablet per day. Do not exceed 10mg per day.
- **Afrin Nasal Spray**
Directions: Take as directed on bottle but do not use for more than 3 days.

UPPER RESPIRATORY SYMPTOMS

- **Robitussin Expectorant Syrup/Robitussin DM**
Directions: Take 2-4 teaspoonfuls every 4 hours. Do not exceed more than 4 doses in any 24 hour period.
- **Tylenol Flu Maximum Strength, Non-Drowsy**
Directions: Take 2 gel caps every 6 hours. Do not exceed more than 8 gel caps in any 24 hour period.
- **Tylenol Flu Maximum Strength Night**
Directions: Take 2 gel caps at bedtime. May repeat every 6 hours. Do not exceed more than 8 gel caps in any 24 hour period.
- **Alka-Seltzer Plus Cold and Sinus, Non-Drowsy Effervescent Tablets**
Directions: Take 2 tablets, fully dissolved, in 4 ounces of water every 4 hours. Do not exceed more than 8 tablets in 24 hours.
- **Inhalers/Asthma**
Directions: The following medications are approved to take during pregnancy. Please take as directed by your prescribing physician: **Albuterol, Proventil, Singulair, Beclomethasone, Theophylline, Theodur, Ventolin**

GASTROINTESTINAL UPSET

- **Mylanta Antacid Liquid**
Directions: (Shake Well) Take 2-4 teaspoonfuls between meals, at bedtime or as directed by physician. Do not take more than 24 teaspoonfuls in a 24 hour period, or use maximum dose for more than 2 weeks.
- **Tums Chewable Tablets (Antacid)**
Directions: Take 2-3 tablets as symptoms occur. Repeat hourly if symptoms return.
- **Phazyme or Gas-X**
Directions: Chew or swallow 1-2 tablets thoroughly as needed after a meal. Do not exceed more than 4 tablets per day.

SEVERE GI UPSET

- **Zantac 150 Maximum Strength**
Directions: To relieve symptoms, swallow 1 tablet with a glass of water. To prevent symptoms, swallow 1 tablet with a glass of water 30-60 minutes prior to eating food or drinking beverages that cause heartburn. You can use up to twice daily. Do not exceed more than 2 tablets in 24 hours.
- **Pepcid AC**
Directions: To relieve symptoms, swallow 1 gel cap with a glass of water. To prevent symptoms, swallow 1 gel cap with a glass of water at any time from 15-60 minutes prior to eating food or drinking beverages that cause heartburn. Do not use more than 2 gel caps in 24 hours.
- **Prilosec**
Directions: Take 1 tab with meals every day. Do not cut/crush/chew.

NAUSEA AND VOMITING

- **Emetrol Liquid Cherry**
Directions: Take 1-2 tablespoons every 15 minutes or until distress subsides.
- **Sea Band Motion Sickness Bands**
Indications: The Sea Band has been clinically tested against nausea and vomiting in travel, pregnancy, anesthesia, chemotherapy and all conditions which include nausea.
Directions: Simple to use, the Sea Band does not need special handling. Care should be taken however to position the bands according to the instructions provided with the product. They become effective within 5 minutes even if nausea has already started. They can be worn continuously.
- **Ginger Lozenges** (can be purchased at health food stores)

CONSTIPATION

- **Fibercon Caplets**
Directions: Fibercon acts like a natural fiber so continued use for 1 to 3 days is normally required to provide full benefits. Fibercon dosage may vary according to diet, exercise, previous laxative use or severity of constipation. Take 2 caplets once a day. Do not exceed more than 8 caplets in a 24 hour period.
- **Benefiber Fiber Supplement**
Directions: Stir 1 tablespoon into at least 4 ounces of any beverage or soft food (hot or cold). Use 8 ounces if using 2 tablespoons. Stir until dissolved. Do not use more than 3 times daily.
- **Phillips Milk of Magnesia**
Directions: Shake well before using. For laxative, take 2-4 tablespoonfuls at bedtime or upon arising, followed by a full 8 ounces of liquid.
- **Citrucel Clear Mix Fiber Laxative**
Directions: Dissolve 1 level scoop in 8 ounces of any cold non-carbonated beverage of your choice, up to 3 times daily at the first sign of constipation or irregularity. Use the enclosed clear scoop. Generally produces effect in 12- 72 hours.
- **Miralax**
Directions: Dissolve 1 capful in 4-8 oz. of liquid once daily. May take 1-4 days to produce results.
- **Colace**
Directions: Take 1 tab daily, then if no results, may take twice daily.

VAGINAL YEAST INFECTIONS

- **Monistat-7 or Monistat-3**

Directions for Applicator: insert 1 applicatorful into the vagina at bedtime for 7 nights in a row.

Directions for External Cream: squeeze a small amount of cream onto your fingertip. Gently apply the cream to the itchy, irritated skin outside the vagina. Use daily for up to 7 days as needed.

- **Vagisil Anti-Itch Cream**

Directions: Apply a fingertip amount (approximately 1 inch strip) to the affected area, not more than 3-4 times daily.

If symptoms persist or worsen, call office for an appointment at 260-432-4400.

HEMORRHOIDS

- **Anusol**

Directions: When practical, cleanse the affected area with mild soap and warm water and rinse thoroughly. Gently dry by patting or blotting with toilet tissue or a soft cloth before applying this product. Anusol is to be applied externally or in the lower portion of the anal canal up to 5 times daily.

- **Preparation H Cream**

Directions: When practical, cleanse the affected area with mild soap and warm water and rinse thoroughly. Gently dry by patting or blotting with toilet tissue or a soft cloth before applying this product. Preparation H is to be applied externally or in the lower portion of the anal canal only. Can be used up to 4 times daily, at bedtime, or after each bowel movement.

- **Tucks Hemorrhoidal Pads with Witch Hazel**

Directions: When practical, cleanse the affected area with mild soap and warm water and rinse thoroughly. Gently dry by patting or blotting with toilet tissue or a soft cloth before applying this product. Apply to the affected area by patting and then discard. Can be used up to 6 times daily or after each bowel movement.

SMALL RASHES OR ITCHING

- **Benadryl Cream or Tablets**

Directions: Use package instructions.

- **1% Hydrocortisone Cream**

Directions: Use package instructions.

- **Calamine Lotion**

Directions: Use package instructions.

- **Aveeno Oatmeal Bath**

Directions: Use package instructions.

LEG CRAMPS

- **Calcium**
Directions: Take 500mg at bedtime.
- **Banana**
Directions: Eat half banana per day (potassium)

INSOMNIA

- **Benadryl**
Directions: Take 1-2 tabs at bedtime for sleep.

PRESCRIPTION MEDICATIONS DURING PREGNANCY

- **Zovirax, Valtrex (Acyclovir)** in the last month of pregnancy
- **Ampicillin**
- **Amoxicillin**
- **Erythromycin**
- **Keflex**
- **Cephalosporins**
- **Flagyl (Metronidazole)** only after 1st trimester
- **Zithromax**
- **Zofran (Ondansetron)**
- **Diflucan (Fluconazole)**
- **Diclegis**
- **Fioricet**

We limit the use of most herbal remedies in pregnancy. Please notify us regarding any herbal remedies you are considering using. High dose vitamin supplementation is not recommended in pregnancy and can be harmful to your baby.