

## MEDICATION FOR MINOR ILLNESS DURING PREGNANCY

<b>SYMPTOM</b>	<b>MEDICATION (FOLLOW DIRECTIONS ON BOX.)</b>
Headache, Fever, Pain	Tylenol or Tylenol Extra Strength ONLY.  *No Aspirin, Motrin, Ibuprofen or Aleve.
Allergies, Colds, Sinus	Actifed, Benadryl, Saline Nasal Drops, Tylenol, Claritin, Zyrtec, Pseudoephedrine, Tylenol Cold & Sinus, Chlortrimeton, Dimetapp, Vicks Vapor Rub
Cough	Triaminic, Robitussin DM
Sore Throat	Chloraseptic, Cepacol, throat lozenges
<b>NOTE:</b>	<b>If you experience a sustained fever greater than 100.5 with any of the above symptoms, please call the office.</b>
Heartburn, Gas	Mylanta, Tums, Maalox, Pepcid AC, Zantac, Tagamet, Prilosec OTC, Mylicon
Constipation	Metamucil, Benefiber, Fibercon, Colace, Surfak, Citracel, Docusate  Use Milk of Magnesia for persistent constipation only
Diarrhea	Immodium Clear liquids for 24 hours Call PCP for appointment if diarrhea lasts 48 hours or is bloody
Nausea, Vomiting	Vitamin B6, Emmetrol, Unisom, Ginger  (There are also good prescription medications so please call our office)  Clear liquids for 24 hours. Call for appointment if it lasts 24 hours.
Painful Urination	Please call the office

**\*\*\*No herbal products allowed during pregnancy.\*\*\***

**ALL MEDICATIONS LISTED ABOVE ARE AVAILABLE AT YOUR LOCAL DRUG STORE WITHOUT A PRESCRIPTION.**