



MEDICATION FOR MINOR ILLNESS DURING PREGNANCY

SYMPTOM

MEDICATION (FOLLOW DIRECTIONS ON BOX)

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

Note:

If you experience a sustained fever greater than 100.5 with any of the above symptoms, please call the office.

Heartburn, Gas

Mylanta, Tums, Maalox, Pepcid AC, Zantac, Tagamet, Prilosec OTC, Mylicon

Constipation

Metamucil, Benefiber, Fiberson, Colace, Surfak, Citracel, Docusate

Diarrhea

Immodium

Clear Liquids for 24 hours

Nausea, Vomiting

Call PCP for appointment if diarrhea lasts 48 hours or is bloody
Vitamin B6, Emmetrol, Unisom, Ginger

(Prescription medication is available if needed)

Clear liquids for 24 hours.

Call for appointment if 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

Women's Health Specialists, pllc
DePaul Building
1800 Medical Center Parkway, Ste 350
Murfreesboro, TN 37129
615-907-2040