



## Over-the-counter OB Medication Safe List

\*If symptoms do not improve with the following recommendations, contact the office\*

### Morning sickness

Vitamin B6 50 mg

- Recommend dissolvable tablet (can be ordered online)
- Best taken on a schedule every 6 hours

Unisom Sleep Tablets (Doxylamine Succinate) 25mg.

\*\*May take ½ tab to 1 tab at night.

Ginger Capsule 250 mg every 6 hours scheduled

Ginger (snaps, tea, lozenges, chews...)

Pepcid or Prilosec daily

Seabands

Peppermints or Peppermint oil

### Headaches/minor musculoskeletal pain

- Sleep/Nap
- One serving of caffeine
- Tylenol up to 1000 mg per dose
  - No more than 4000 mg per 24 hours
- Magnesium Oxide 400-500 mg daily

### Indigestion

- Tums
- Mylanta
- Maalox
- Roloids
- Simethicone/Gas-X
- Pepcid OTC OR Prilosec OTC

### Constipation

- Increase dietary fiber
  - Metamucil
  - Supplements
  - Snack bars
  - Fruit WITH THE PEELING
- Increase water intake,
- Stool softener
  - Colace 100-200mg daily
- Laxative
  - Milk of Magnesia
  - Miralax
  - Any OTC glycerin suppository

### Hemorrhoids

Tucks pads

Sitz baths

Preparation H cream or suppository

Anusol cream or suppository

### Diarrhea

Immodium (plain or AD)

### Yeast Infection

Monistat-7 Vagisil (external use only)

### Rash/Itching

Calamine lotion

Benadryl cream/spray or pill

Hydrocortisone 1% cream/ointment

Oatmeal bath

Cool shower

### Insomnia

Unisom Benadryl OR Tylenol PM

### Allergies and Colds

At least 64oz of water intake per day

Cough drops

Saline nasal spray and eye drops

Elderberry Syrup - 3tsp at the onset of cold

Chloraseptic spray (phenol 1.4%)

Humidifier Chlor-Trimeton, Tavist

Dimetapp

Robitussin (plain or DM)

Triaminic

Claritin, Zyrtec, Allegra Benadryl

Mucinex Expectorant 600mg

### Miscellaneous:

Tuberculin skin test.

OTC probiotics

Common Antibiotics generally considered safe in pregnancy:

“Cillins” – Penicillin, Amoxicillin, Ampicillin, Augmentin

Clindamycin

Azythromycin aka Z-pack

Erythromycin

Flagyl