

WOMEN FIRST SPECIALISTS, S.C.

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OVER THE COUNTER MEDICATIONS ALLOWED DURING PREGNANCY AND LACTATION:

ANTI-HISTAMINES:

Benadryl, Chlor-Trimeton DM, Claritin

COUGH:

Robitussin, Robitussin DM or PE (do not take if taking Sudafed or Brethine/Terbutaline), any cough drop that DOES NOT contain Zinc.

CALCIUM SUPPLEMENT:

Tums EX (two tablets twice daily), Viactiv

CONSTIPATION:

Colace, Fibercon, Metamucil, Milk of Magnesia

- Increase dietary roughage, bran, dark green leafy vegetables, fruits
- Drink eight to ten glasses of water daily

DECONGESTANTS:

Sudafed, Sudafed Sinus, Sudafed non-drying, Actifed, Tylenol Sinus, Benadryl

- **DO NOT USE IN THE FIRST 12 WEEKS OF PREGNANCY**

DRY SKIN:

Cocoa Butter, Eucerin Lotion, Vitamin E lotion

GAS:

Mylanta, Phazyme, Simethicone, Gas X

ITCH:

Benadryl Ointment, Caldaria Lotion, Cortaid, Hydrocortisone Anti-Itch Ointment

FEVER:

Tylenol, Tylenol extra strength (two tablets every 4-6 hours) DO NOT TAKE MORE THAN 4.000 mg OF ACETAMINOPHEN

HEMORRHOIDS:

Preparation H, Colace (stool softener), increase fluids

HEARTBURN:

Gaviscon, Maalox, Mylanta, Pepcid AC, Tums, Zantac

NASAL SPRAY:

Afrin (DO NOT use longer than 3 days), Ocean and Nasal Mist – may use as needed

NAUSEA:

Emetrol, Unisom 25mg (half a tablet in the morning and half a tablet in the evening) and Vitamin B6 25mg (3 x daily)

PAIN:

Tylenol, Tylenol extra strength

POISON IVY:

Caladryl Lotion

SORE THROAT:

Chloraseptic Oral Strips, Chloraseptic Spray, Sucrets or other throat lozenges.

SLEEP:

Benadryl 25mg

YEAST INFECTION:

Gyne-Lotrimin Cream, Monistat (3 or 7 cream/suppositories)

TANNING:

Use SPF 30 or higher

MISCELLANEOUS:

NO studies have been done to indicate that the following procedures have an adverse effect on fetal development: hair Color (after 12 weeks of pregnancy), artificial nails or Teeth whitening.

ATTENTION:

If you have any questions regarding various medications please do not hesitate to call your doctor.