OBSTETRICAL PATIENT MEDICATION LIST

Keep this list handy for easy referral during your pregnancy

Cold & Allergy Symptoms:
1.) Rest and force fluids (8 glasses of water a day or more)
2.) TYLENOL (any of the TYLENOL products), up to 6 a day. No aspirin or Ibuprofen products.
3.) SUCRETS or CHLORASEPTIC lozenges and warm salt water gargles for a sore or scratchy throat.
4.) Plain ROBITUSSIN (*DM* formula)
5.) If pregnancy is beyond 12 weeks, and you have no problems with high blood pressure, you may take Sudafed for congestion. Using a humidifier can also help with congestion.
6.) For seasonal allergy symptoms, use BENADRYL (best at night due to possible drowsiness)
7.) AFRIN (or other saline nasal sprays) are allowed for only 3 days consecutively.
8.) For productive cough, fever of 100.4 or more or symptoms lasting greater than 48 hours, call the office to speak to a nurse.
9.) **Ask your pharmacist about the generic brands of these medications, many stores have generics for these that are less expensive and still safe to use.

Nausea & Vomiting:
1.) Have dry toast or crackers BEFORE ever getting out of bed.
2.) Eat small, frequent meals throughout the day.
3.) Try very hot (soups), or very cold (popsicles, slushes) foods and drinks.
4.) Use EMETROL for nausea and vomiting.
5.) Peppermint tea can be helpful and also a vitamin B6 supplement (up to 3 times a day)

Indigestion:
1.) Eat small frequent meals and avoid heavily spiced or greasy foods.
2.) Keep in an upright position (rather than lying down) for at least 30 minutes after eating.
3.) Try MAALOX or MYLANTA for heartburn or upset stomach.
4.) Use TUMS – great for bedtime indigestion.

Constipation:
1.) Force fluids (at least 8 or more glasses a day)
2.) Include bran, raw fruits and vegetables in your diet. Prune and apple juice can also be helpful.
3.) Use bulk forming laxatives, such as METAMUCIL, CITRUCEL, FIBERCON or MILK OF MAGNESIA.
4.) Exercise! If you’ve had no relief in 48 hours, call the office to speak with a nurse.

Diarrhea:
1.) Force fluids (at least 8 or more glasses a day)
2.) Use IMODIUM AD for diarrhea.
3.) Avoid solid foods for 12-24 hours, and then have only bland foods, such as bananas, rice applesauce and toast, etc.)
4.) If symptoms are severe (you can’t keep ANY fluids down) or there’s no improvement in 24 hours, call the office to speak with a nurse.

Ligament:
These are sharp, intermittent pains in the pelvic region, the groin and the sides that usually subside with change of position. Tylenol can be used if needed and a heating pad (although not directly on the uterus.)

Please see back of sheet for suggestions for relief of aches, pains and backaches!

This is meant to be used as a general guideline to refer to always feel free to call for unusual symptoms.