

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, us 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.