

Magnolia OB/GYN, LLC OF MYRTLE BEACH

OVER THE COUNTER MEDICATIONS APPROVED FOR PREGNANCY

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| NAUSEA : | Dramamine, Unisom {1/2 tab in A.M. & 1 tab in P.M.} take With Vit.B6 50 mgs. Sea Bands {wrist bands}, Ginger Ale, crackers and small frequent meals |
| COUGH: | Robitussin cough syrup, any cough drops. {use sugar free for diabetics} |
| COLDS: | Increase fluids, saline nasal spray, Tylenol cold and sinus, Actifed, Sudafed, Triaminic syrup/cold tabs, Neo-Synephrine Nasal spray |
| HEADACHES: | TYLENOL ONLY NO ASPIRIN OR IBUPROFEN, ALEVE, MOTRIN, ADVIL OR EXCEDRIN |
| CONSTIPATION: | Increase fluids, fiber, Metamucil, Citrucel, Colace, Peri-Colace Milk of Magnesia |
| DIARRHEA: | Kaopectate, Imodium AD |
| HEMORRHOIDS: | Warm soaks, Anusol suppositories or cream, Preparation H, Witch Hazel compresses {Tucks Pads} |
| HEARTBURN/GAS: | Maalox, Mylanta, Tums, Rolaids, Zantac, Pepcid, Gas-X, Mylicon |
| ALLERGY: | Benadryl, Sudafed, Tylenol sinus |
| SKIN RASH/ITCH: | Benadryl, Benadryl Cream, Hydrocortisone 0.5% cream, Aveeno Bath, Oatmeal Bath, Calamine lotion |
| SORE THROAT: | Chloraseptic lozenges/spray, Tylenol |
| YEAST INFECTION: | Monistat cream, Gyne Lotrimin cream |
| DIFFICULTY SLEEPING: | Tylenol PM, Benadryl |

Please try these medications first. If your symptoms do not improve then call our office.