



Pacific Women's Healthcare Associates

**SAFE OVER THE COUNTER MEDICATIONS:**

We usually advise supportive care such as rest, plenty of fluids rather than medications however, if the symptoms are severe the following are a list of medications that are safe in pregnancy. Do not take more than the recommended dose and if symptoms persist please call the office.

**Nausea/Vomiting:**

Sea Bands

Vitamin B6 100-200 mg/day in addition to your prenatal vitamin

Unisom ¼ - ½ tablet in the morning and ½ tablet in the evening

Ginger Capsules 250 mg 4 times per day or 500 mg 2 times per day

**Minor Aches and Pains/Fever:**

Tylenol (acetaminophen) regular or extra strength every 4-6 hours

\*\*If you have a fever over 101 please call the office\*\*

**Cold and Sinus Congestion:**

Neti Pot

Saline nasal spray

Benadryl (diphenhydramine)

Humidifier

**Cough:**

Mucinex or Robitussin (Guaifenisin expectorant or Dextromethorphan cough suppressant)

\*\*If you are producing yellow/green mucous please call the office\*\*

**Allergies:**

Benadryl (diphenhydramine)

Claritin (loratadine)

Zyrtec (cetirizine)

**Constipation:**

Metamucil/Benefiber (fiber supplement)

Colace

Pericolace (for severe constipation only - not for regular use)

Dulcolax (for severe constipation only - not for regular use)

Milk of Magnesia (for severe constipation only - not for regular use)

**Diarrhea:**

Kaopectate

Immodium AD

\*\*If diarrhea continues 48 hours, please call the office\*\*

**Heartburn/Indigestion:**

Maalox/Mylanta

Rolaids/Tums

Mylanta Gas Relief/Mylicon

Pepcid