

MEDICATION LIST FOR OBSTETRICAL PATIENTS & NURSING MOTHERS

These medications have been approved by your obstetrician. They are generally safe for pregnant and nursing mothers.

NAUSEA

- Emetrol As Directed
- Vitamin B-6 50 mg Twice Daily
- Unisom ½ tablet Every 6 hours as needed (caution-may cause drowsiness)
- Chewing Gum
- Vernor's Ginger Ale
- Dramamine 50 mg. by mouth 4 times per day, as needed
- Ginger Tea

HEADACHE / PAIN

- Tylenol (Acetaminophen) Regular or Extra Strength as directed
- Excedrin-Aspirin Free
NO ASPIRIN
NO IBUPROFEN/ADVIL/MOTRIN
NO ALEVE
NO ORUDIS

COLDS / SINUSITIS

- Contact
- Tylenol Cold Medication
- Sudafed (Pseudoephedrine)
- Benadryl
- Claritin
- Afrin Nasal Spray (or generic equivalent) Use no longer than 3 consecutive days

SORE THROAT

- Cepacol Lozenges
- Chloraseptic Lozenges
- Sucrets Lozenges
- Gargle with salt water or Listerine

COUGH

- Robitussin Cough Syrup or cough drops Regular or DM Formula
- Robitussin Cough Drops
- Vick's Formula 44

DIARRHEA

- Kaopectate
- Gatorade
- BRAT Diet – Bananas, Rice, Applesauce, Tea or Toast

CONSTIPATION

- Metamucil
- Citrucel
- Fibercon
- Glycerin Rectal Suppositories
- Milk of Magnesia
- Colace (Docusate Sodium)
- Konsyl daily with juice

HEMMORRHOIDS

- Anusol Rectal Suppositories or Cream
- Preparation H Suppositories or Cream
- Tucks
- Sitz Baths
- Maintain adequate dietary fiber and 6-8 glasses (8 ounces) of water

HEARTBURN / UPSET STOMACH

- Maalox
- Mylanta
- Tums
- Gavison

ALLERGY SHOTS

- May be continued. Please consult with allergist

VAGINAL YEAST INFECTION

- Monistat 7 Vaginal Cream
- Monistat 3 Vaginal Cream
- Gyne-Lotrimin
- Femstat

IMMUNIZATIONS

- Hepatitis B
- Flu Vaccine-any trimester – vaccine is recommended for OB patients
- Tuberculin Skin Test

You may take Ampicillin, Penicillin, Cephalosporins or Zithromax if you are not allergic to these medications. All medications should be taken according to the package directions.

Generic Equivalent, if available, is OK.

If you have any other questions about taking a medication, please check with the prescribing doctor or call the office during office hours at (248)642-7710.

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