

## **OVER-THE-COUNTER MEDICATIONS FOR PREGNANT WOMEN**

Although it is best to NOT take any medications during pregnancy, we know that there are times when medications are necessary for relief of some common problems. This is a list of over-the-counter medications that your physician has approved during pregnancy.

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### **UPPER RESPIRATORY INFECTIONS (Colds, Flu):**

- Dimetapp
- Chloraseptic
- Robitussin Cough Syrup
- Sucrets Lozenges
- Tylenol Sinus
- AVOID NYQUIL
- Sudafed
- Actifed (after 1<sup>st</sup> Trimester)
- Vicks Cough Drops or Vapor Rub
- Theraflu
- Tylenol Cold and Allergy
- Mucinex

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### **FEVER (Secondary to upper respiratory infections and flu):**

- Tylenol (Regular or Extra-Strength) in regular adult doses
- Please **AVOID** Advil, Motrin, Nuprin, Aleve, or other Ibuprofen and Aspirin products

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### **HEADACHES:**

- Tylenol (Regular or Extra-Strength) in regular adult doses
- Please **AVOID** Advil, Motrin, Nuprin, Aleve, or other Ibuprofen and Aspirin products

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### **DIARRHEA:**

- BRAT Diet = **B**ananas, **R**ice, **A**pple Sauce, **T**oast
- Kaopectate
- Imodium
- Please **AVOID** Pepto-Bismal

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### **CONSTIPATION:**

- Lots of fluids and fruits
- Metamucil
- Fibercon
- Citrical
- Miralax
- Dulcolax Suppositories

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### **HEMORRHOIDS:**

- Preparation H with HC
- Anusol

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### **NAUSEA:**

- Emetrol
- Vitamin B-6
- Ginger Products

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### **INDIGESTION:**

- Mylanta
- Maalox
- Roloids
- Please **AVOID** Pepto-Bismal
- Tums
- Gas X
- Pepcid
- Zantac

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### **YEAST INFECTION:**

- Monistat 7 day only

- ❖ *You may take all medications as directed on the package.*
- ❖ *Any Tylenol product is OK to take!*

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### **OB INSTRUCTIONS:**

- **PRE-REGISTER AT THE HOSPITAL FOR YOUR DELIVERY.** Remember to fill out the registration form and mail it back to the hospital, or drop it off at main admissions next to the gift shop.
- **REGISTER FOR PRENATAL CLASSES AND HOSPITAL TOUR** through the hospital directly, by calling (303) 777-6877.
- **PEDIATRICIAN:** Choose your pediatrician by 26-28 weeks. Ask friends, neighbors and doctor's offices who they recommend. After your baby is delivered, but before you are discharged from the hospital, your nurse will need to know which pediatrician to send your baby's records to.

- **WARNING SIGNS:**
  - Bleeding or cramping
  - Severe headaches
  - Headaches with dizziness
  - Anytime you are unsure if you have a problem
- **EMERGENCY AFTER HOURS PHONE CALLS:** The on-call physician's number is (303) 968-7493. This number will also be listed on our after-hours recording. Normal office hours are Mon-Fri from 8:30am until 5:00pm. We are closed for lunch from 11:30am to 1:00pm.
- **WORK:** 40 hours per week, 15-minute breaks every 2 hours. No sitting or standing for more than 2 hours.
- **EXERCISE:** Keep heart rate less than 140 BPM, don't lift over 20 pounds. No abdominal exercises.
- **TRAVEL** up to 32 weeks gestation is acceptable if walking breaks are taken at least every 2 hours. Travel after 32 weeks is not advised.
- **INTERCOURSE:** Okay unless otherwise directed by physician.
- **DIET:** 5-6 small meals a day helps relieve nausea.
- **SALT:** Minimal use advised.
- **FLUIDS:** Increase daily water consumption to 96 ounces.
- **MILK/DAIRY** (yogurt, cheese, ice cream): 1,200mg of calcium daily.
- **VITAMINS:** Take prenatal vitamins daily.
- **X-RAY:** No x-ray unless it's an emergency. Make sure you are double-draped.
- **DENTAL WORK:** Okay to have dental work done with Novacaine only. No Nitrous Oxide (laughing gas) or epinephrine. X-ray with double drape.
- **NO HOT TUBS, HORSEBACK RIDING, OR AMUSEMENT PARK RIDES!**

## ***Congratulations on your pregnancy!***



***IMPORTANT***  
*Please Read Carefully*



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