

ADAMS PATTERSON GYNECOLOGY & OBSTETRICS

Over The Counter Medications

The following information may help advise you regarding over the counter (OTC) medications that are considered relatively safe to take for common pregnancy-related complaints. Most are recommended only for short term use. However, if you feel you need take any of these for longer periods or if you are ever in doubt about the severity of your symptoms or have other questions about medications, please contact our office. Please do not take any other OTC medications, supplements or herbal preparations without first discussing with your physician as many are not safe to take in pregnancy.

The remedies listed here are all over the counter (OTC)—even though you **might need to ask the pharmacist for certain ones that are behind the counter**, you do not need a prescription for any of these. Read and follow the directions on the label unless directed otherwise by your physician.

INDIGESTION & HEARTBURN

Gaviscon, Mylanta, Maalox, Tums, Rolaids, Pepcid and Prevacid (Do **NOT** take Pepto-Bismol)

CONSTIPATION

Fibercon, Citrucel, Metamucil, Milk of Magnesia, Miralax, Align, Flora-Q, chia seeds.

SINUS/NASAL CONGESTION & ALLERGY SYMPTOMS:

Mucinex, Benadryl, Saline Nasal Spray, Claritin (Alavert), Afrin Nasal Spray (use only as directed for no longer than 3 days). You may also take Tylenol Sinus, Dimetapp, and Sudafed **but it is best to avoid these medications in the first trimester.**

HEADACHES

Regular or Extra Strength Tylenol. **Do NOT take Aspirin or any product that contains Ibuprofen (Advil/Motrin/Aleve)** unless otherwise directed by your physician. Questions concerning ingredients can be answered by your physician or your pharmacist.

COUGH

Robitussin, Robitussin DM, Delsym, Mucinex DM- Please read the label to choose the correct formula for your symptoms.

HEMORRHOIDS

Anusol HC, Preparation H, Tucks Medicated Pads

DIARRHEA

Imodium AD

NAUSEA & VOMITING: If only mild nausea and vomiting occur, Emetrol, Bonine, Dramamine, Vitamin B6, Preggie Pops and Drops, B-natal lozenges, and ginger chews may be used. Follow all package directions. More severe or persistent cases should call our office.

SWELLING: You may experience swelling of the hands and feet later in pregnancy. When at rest, it is best to keep your feet elevated as much as possible. Other measures to reduce swelling include drinking a lot of water and reducing salt intake. Avoid adding salt to food, avoid canned (processed) foods such as soups, vegetables, sauces and lunch meats. All of these are high in sodium and will cause water retention. Call the office immediately if swelling is accompanied by a headache, dizziness or spots before your eyes.

Please call the office for further information that may not be listed or with any questions that you may have.