

Acceptable "Over the Counter" Medications for OB's

Colds or Sinus Problems:

- Actifed, Drixoral, Dimetapp, Sine-aid, Tylenol Cold & Sinus, Chlor-trimeton, Sudafed, Mucinex DM, Zyrtec.
- Saltwater nose drops may be used, i.e Ayr Nasal Spray.
- No Commercial nasal sprays like Afrin etc.
- Benadryl or Tylenol for headaches, fever and aches.
- Robitussin DM for chest congestion and cough.
- Any cough drops.
- Can Not Use: Ibuprofen or Aspirin.

Allergies/Antihistamines:

- Claritin, Benadryl (Antihistamines are great to use if you have an allergic reaction to meds, soaps, detergents, etc. and for rash and itching).

Indigestion and Heartburn:

- Maalox Plus, Riopan, Mylanta, Tums or Rolaids, Gaviscon, Prevacid, Prilosec OTC.
- Do Not Use Pepto Bismo-it includes aspirin.

Constipation:

- Sufak, Konsyl, Fibercon, Metamucil, Senokot, MOM
- Remember to drink plenty of fluids to help prevent constipation.
- Also remember to increase daily natural fiber intake, such as bran cereal, raw fruits, vegetables, and unsweetened juice.

Diarrhea:

- Imodium AD, Kaopectate
- Also, BRAT Diet-bananas, rice, applesauce, tea or toast.
- Important to also stay well hydrated, plenty of fluids, water, Gatorade.

Hemorrhoids:

- Anusol cream or suppositories, Preparation H, Tucks.
- Also, sitz baths are very helpful to relieve discomfort (shallow warm/soapy tub bath).
- Increase your fiber intake or take stool softeners daily and increase fluids to keep stools soft.

Vaccines:

- Can continue taking Allergy injections. Ok to get the Flu shot and TB skin test after the 1st trimester (12 weeks).

Dental:

- Ok to see a dentist. Ok to have x-rays if necessary, only if shielded with lead apron, local anesthesia. No gas permitted.

Comfortable sleeping position:

- You may have trouble finding a comfortable sleeping position as your pregnancy progresses. Try lying on your left side with one leg crossed over the other. Also try placing a pillow between your legs in this position for extra comfort. This way will improve circulation and reduce swelling of your ankles and feet.

Swelling-hands, feet, ankles:

- Push water and elevate feet and legs every available opportunity. Also, very important to watch food labels and avoid all sodium products as this will help retain fluid.

Varicose Veins:

- Caused by swelling of blood vessels in your legs, varicose veins are common during pregnancy so do not be alarmed. To prevent or minimize discomfort, avoid standing or sitting for long periods of time, elevate your legs, move around frequently and wear support panty hose for OB's.

OB Travel:

- An OB can take trips via car, plane or other transportation if she empties her bladder often and does not sit and hold her bladder. During car travel she needs to stop at least once every 2 hours to get out and walk around, stretch her legs and empty her bladder. NO TRAVELING AFTER 36 WEEKS.

Sore Throat:

- Chloraseptic spray or gargle, Salt water gargle, Cepacol lozenges.

Temperature:

- Take Tylenol as directed.

Nose bleeds or gum bleeding:

- This is common in pregnancy.

Mouth Ulcers:

- Ok to use a mouth swish-equal parts of Mylanta and Benadryl. Swish with Chloraseptic gargle.

Insomnia:

- Can use Unisom, Benadryl, Tylenol P.M.

Nausea/Vomiting:

- Vitamin B6 100mg twice daily. Call the office for a prescription for tablets or suppositories of anti-nausea medication.
- Also, very important to stay well hydrated by sipping on juices, water, popsicles, Gatorade, Decaffeinated beverages between meals.
- Eat several small meals (5-6) times a day.
- Avoid high fat foods like gravies, cream sauce, high fat cheese, butter, fried or greasy foods. Or highly seasoned foods-garlic, onion, pepper, chili powder. Avoid large meals.
- Avoid sudden movements with positional changes like getting out of a chair or bed.
- Get up slowly; take five or six minutes.
- Before going to bed, place some dry cereal, toast or crackers within reach of the bed.

Leg Cramps:

- Exercise leg and calf muscles by stretching three times a day. Increase milk and dairy intake to 3-4 portions per day. If you cannot take dairy products take Calcet or Fosfree according to labels. Ok to take Oscal calcium twice daily or increase potassium intake like bananas.

Stretching Pains of the Uterus:

- Usually occurs between 12-20 weeks of pregnancy. Avoid sudden movements, bending over, and heavy lifting, moving quickly in and out of the car, anything that can cause a sudden stretching pain of uterine ligaments. Take Tylenol and rest with feet up.