



**Women's Care Florida  
Delaney OB/GYN**

Stephen P. Snow, M.D., FACOG  
 Parmelee Thatcher, M.D., FACOG  
 Emma Fritz, M.D., FACOG  
 William T. Scott, M.D., FACOG  
 April A. Merritt, M.D., FACOG  
 Cherise Chambers, M.D.  
 Sarah Jones, C.N.M.

**OVER THE COUNTER MEDICATIONS FOR USE DURING PREGNANCY**

**INDICATION**

**MEDICATION**

Fever, aches, headache, pain

Tylenol & Extra Tylenol

Drink Caffeine with Tylenol at onset of headache

**Report any headache that does not go away in 3-4 hours**

Congestion & sinus pain

Tylenol Sinus

Aches, fever, sleep

Tylenol PM

Nasal Congestion

Actifed, Sudafed, Coricidin-D

Benadryl, nasal saline (plain), all Mucinex

Allergies

Claritin, Zyrtec

Allergies, colds

Robitussin, Robitussin DM

Cough

throat lozenges, cough drops

Dry, scratchy sore throat

Mucinex, Ocean nasal spray

Heartburn

Mylanta, Maalox, Tums, Rolaids, Prevacid

Zantac, Pepcid

Cold Sore

Abreva

Rash

Hydrocortisone, Benadryl

Stool softener

Metamucil

Stool softener, laxative

Miralax, milk of magnesia

Stool softener, laxative, occasionally

Dialose Plus, Colace or Ducosate 100 mg

1, 2, or 3 per day

**DRINK PLENTY OF FLUIDS**

Hemorrhoids

Preparation H, Tucks, Anusol

Diarrhea

Kaopectate, Pepto bismol, Immodium

Yeast Infection

Monistat 7-day

Lice

RID Shampoo

Perms/ Highlighting

Safe anytime

**INJECTIONS**

Novocaine

dental work or minor surgery

Allergy shots

ok for allergies

Mantoux

TB test

Flu shot

TDAP

3rd trimester

**PRESCRIBED ANTIBIOTICS SAFE TO TAKE**

Erythromycin

Amoxicillin

Penicillin

**TREATMENT FOR NAUSEA AND VOMITING**

Vitamin B6 50 mg every 6 hours, Unisom 50 mg at bedtime, crackers by bedside, ginger ale, multiple small meals, pickled or crystallized ginger, sea bands

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