

# APPROVED MEDICATION LIST FOR OBSTETRICAL PATIENTS

## HEADACHE

### Tylenol 8 Hour Extended Relief Caplets

#### Directions:

Do not take more than directed (see overdose warnings).

Take 2 caplets every 8 hours with water.

Swallow whole - do not crush, chew or dissolve.

Do not take more than 6 caplets in 24 hours.

Do not use for more than 10 hours.

### Tylenol Extra Strength Tablets, Plain Reliever & Fever Reducer

#### Directions:

Take 2 tablets every 4-6 hours as needed.

Do not take more than 8 tablets in 24 hours.

***ABSOLUTELY NO ASPRIN, ADVIL OR ALLEVE DURING PREGNANCY.***

## NASAL CONGESTION

### Sudafed/Actifed

#### Directions:

Pseudophedrine Hydrochloride (60 mg),

Take every 4-6 hours and do not take more than 4 doses in 24 hours

### Benadryl Allergy Relief

#### Directions:

Take 1-2 tablets every 4-6 hours.

Do not take more than 6 doses in 24 hours

## UPPER RESPIRATORY SYMPTOMS

### Actifed Cold & Allergy Tablets

#### Directions:

Take 1 tablet every 4-6 hours and do not take more than 4 doses in 24 hours.

Actifed Maximum Strength Cold & Sinus Capsules

Directions:

Take 2 caplets.

Dosage may be repeated every 6 hours while symptoms persist, not to exceed 8 caplets in 24 hours.

Robitussin Expectorant Syrup

Directions:

Take 2-4 teaspoonfuls every 4 hours.

Do not take more than 4 doses in any 24 hour period.

Robitussin PE Syrup

Directions:

Take 2 teaspoonfuls every 4 hours.

Do not take more than 4 doses in any 24 hour period.

Alka-Seltzer Plus Cold & Sinus Medicine, Non-Drowsy Effervescent Tablets

Directions:

Take 2 tablets fully dissolved in 4 oz of water every 4 hours.

Do not exceed 8 tablets in 24 hours.

Tylenol Flu Maximum Strength, Non-Drowsy

Directions:

Take 2 gel caps every 6 hours.

Do not take more than 8 gel caps in 24 hours.

Tylenol Flu Maximum Strength Night

Directions:

Take 2 gel caps at bedtime.

May repeat every 6 hours.

Do not take more than 8 gelcaps in 24 hours

**INHALERS/ASTHMA**

The following medications are approved to take during pregnancy please take as directed by your prescribing physician.

Albuterol, Beclomethasone, Proventil, Singulair, Theophylline, Theodor, Ventolin

## **GASTROINTESTINAL UPSET**

### **Mylanta Antacid Liquid**

#### Directions:

Shake well.

Take 2-4 teaspoonfuls between meals, at bedtimes or as directed by a physician.

Do not take more than 24 teaspoonfuls in a 24-hour period, or use the maximum dosage for more than 2 weeks.

### **Tums Chewable Tablets (Antacid)**

#### Directions:

Antacid: Chew 2-3 tablets as symptoms occur.

Repeat hourly if symptoms return.

### **Phazyme or Gax-X**

#### Directions:

Chew or swallow 1 or 2 tablets thoroughly as needed after a meal.

Do not exceed 4 tablets Per day.

**SEVERE GI UPSET** (Zantac or Pepcid AC are histamine blockers and work by decreasing the amount of acid the stomach produces.)

### **Zantac 150 tabs Max Strength**

#### Directions:

To RELIEVE symptoms, swallow 1 tablet with a glass of water,

To PREVENT symptoms, swallow 1 tablet with a glass of water 30 to 60 minutes before eating food or drinking beverages that cause heartburn,

Can be used up to twice daily (do not take more than 2 tablets in 24 hours)

### **Pepcid AC**

#### Directions:

To RELIEVE symptoms, swallow 1 gel cap with a glass of water.

To PREVENT symptoms swallow 1 gel cap with a glass of water at any time from 15-60 minutes before eating food or drinking beverages that cause heartburn.

Do not use more than 2 gel caps in 24 hours.

## **NAUSEA AND VOMITING**

Over the counter Emetrol, ginger lozenges (can be purchased at the health food store). Sea Bands

### **Emetrol Liquid Cherry**

Directions:

Administer one or two tablespoons every 15 minute or unit distress subsides.

### **Sea Band Motion Sickness Bands**

Indications:

The Sea-Band has been clinically tested against nausea vomiting in travel, pregnancy, anesthesia, chemotherapy and all conditions, which include nausea.

Directions:

Simple to use, the Sea-Band does not need specialist handling.

Care should be taken however to position the bands according to the instructions provided with the product.

They become effective within 5 minutes even if nausea had already started.

They can be worn continuously.

## **CONSTIPATION**

### **Fibercon Caplets**

Directions:

FIBERCON acts like a natural fiber so continued use for 1 to 3 days is normally required to provide severity constipations.

Take 2 caplets once a day (daily maximum up to 4 times a day.)

### **Benefiber Fiber Supplement**

Directions:

Stir 1 tablespoon (tbsp) of Benefiber into at least 4 oz. of any beverage of soft food (hot or cold).Use 8oz. if using 2 tbsp.

Stir until dissolved. 1-2 tbsp. up to 3 times daily.

### Phillips Milk of Magnesia

#### Directions:

Shake well before using.

FOR LAXATIVE USE 2-4 tablespoonful (tbsp) at bedtime or upon arising, followed by a full (8oz) of liquid.

### Citricel Clear Mix Fiber Laxative

#### Directions:

Dissolve 1 leveled scoop in 8 oz. of any cold non-carbonated beverage of your choice, up to 3 times daily at the first sign of constipation or irregularity. Use enclosed clear scoop. Generally produces effect in 12-72 hours.

## **VAGINAL YEAST INFECTIONS**

Over the counter Monistat can be used. If symptoms persist or worsen, call for an appointment.

### Monistat-7 or Monistat 3

#### Directions:

Applicator-Insert 1 applicator into the vagina at bedtime for 7 nights in a row.

External Cream-squeeze a small amount of cream onto your fingertip.

Gently apply the cream onto the itchy, irritated skin outside the vagina.

Use daily for up to 7 days as needed.

### Vagisil Anti-Itch Crème

#### Directions:

Apply a fingertip amount (approximately 1-inch strip) to affected area no more than 3 to 4 times daily.

## **HEMORRHOIDS**

### Anusol

#### Directions:

When practical cleanse the affected area with mild soap and warm water and rinse thoroughly.

Gently dry by patting or blotting with toilet tissue or a soft cloth before applying this product.

Anusol Ointment is to be applied externally or in the lower portion of the anal canal up to 5 times daily.

### Preparation H Cream

#### Directions:

When practical cleanse the affected area with mild soap and warm water and rinse thoroughly.

Gently dry by patting or blotting with toilet tissue or a soft cloth before applying this product.

Apply externally or in the lower portion of the anal canal only.

Apply externally to the effected area up to 4 times daily. Especially at night, in the morning or after each bowel moment.

### Tucks Hemorrhidal Pads with Witch Hazel

#### Directions:

When practical cleanse the affected area with mild soap and warm water and rinse thoroughly.

Gently dry by patting or blotting with toilet tissue or a soft cloth before applying this product.

Apply to the affected area by patting and then discard.

Can be used u to 6 times daily or after each bowel movement.

### **SMALL RASHES OR ITCHING**

Benadryl cream or tablets, 1% Hydrocortisone cream, Calamine lotion, and Aveeno Oatmeal bath.

### **LEG CRAMPS**

Calcium 500 mg at bedtime, ½ banana per day (potassium)

The following medications have been approved to take during pregnancy, please take as directed by your prescribing physician.

Acyclovir (Zovirax) in the last month, Ampicillin, Amoxicillin, Erythromycin, Keflex, Cephalosporins, Metronidazole (After 1<sup>st</sup> trimester), Zithromax

We limit the use of most herbal remedies in pregnancy. Please notify us regarding any herbal remedies you are considering using. High dose vitamin supplementation is not recommended in pregnancy and can be harmful to your baby.