



Southwest Ob / Gyn Associates, L.L.P

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OB PATIENTS MEDICATIONS LIST

You may use this as a guideline for the medications safe to use during your pregnancy. Please feel free to call the office if your symptoms persist, or your temperature should exceed 100.4 degrees.

- Cold Symptoms..... Sudafed or Sinus Tylenol. Robitussin (Plain or DM) for cough. Sucrets or Chloraseptic Lozenges.
- Indigestion..... Mylanta (either chewable or liquid), Maalox, Mylicon or Gaviscon.
- Headaches or Discomfort..... Tylenol - Regular or Extra Strength. NO IBUPROFEN OR ASPIRIN. Call the office if pain persists.
- Minor Bladder Irritations..... Take yourself off all carbonated beverages, coffee and tea. Increase your water intake to 8-10 glasses a day. Also, drink 3-4 glasses of cranberry juice. If not better in 24 hours, please call the office.
- Swelling..... Decrease salt from your diet (chips, pork, highly seasoned food, soy sauce). Elevate your feet whenever possible. Take lukewarm baths twice daily. Please call the office if swelling continues.
- Backache..... Apply heat and take Tylenol as needed for pain. Call office if it continues.
- Nausea..... Try hot tea, crackers, wheat thins, triscuits, peppermints or lemon tea. If not controlled with diet, try Emetrol or Nestrex. If vomiting continues, call the office.
- Leg Cramps..... Exercise calf and thigh muscles by stretching them three times a day. Increase calcium intake, such as Calcet or Forfree (over the counter).
- Stool Softener..... Surfak, Pericolace, Dialose, Metamucil, Fibercon.
- Constipation..... Milk of Magnesia or Senekot.
- Diarrhea..... Kaopectate or Imodium, and keep to a bland diet. If diarrhea lasts more than 48 hours, please call the office.
- Hemorrhoids..... Preparation-H, Anusol, Tucks, sitz baths, and keep stools soft (use stool softeners, if necessary).

Your prenatal vitamins may be refilled as needed throughout your pregnancy by calling your pharmacist.

We encourage dental care during pregnancy. You may have dental x-rays with a shield, and the dentist may use local anesthesia. Your dentist may call the office if there are any questions regarding medications to be prescribed.