



of Northern Kentucky

MEDICATION LIST

The physicians of OB/GYN Specialists are very cautious when recommending the use of medication at any stage of pregnancy, but especially in the crucial first 12 weeks of fetal development. Please use this list as a guide for approved medications. Feel free to contact us with any questions you may have regarding medication safely.

PRE-NATAL VITAMINS	HEADACHE/PAIN	CONSTIPATION
<p>Any over-the-counter Pre-Natal vitamin with at least 400 mcg of folic acid</p> <p>2 Flintstone or Bugs Bunny Complete</p> <p>Please request a prescription if you need a stool softener in your pre-natal vitamin</p>	<p>Tylenol Plain (325 mg) 2 every 4 hours as needed - or</p> <p>Tylenol Extra Strength (500 mg) every 4 hours as needed <i>*Do not take more than 4 times/ 24 hours</i></p> <p>Heating Pad (low or medium heat)</p> <p>Thermacare type heat wraps</p> <p>For Headache you may use Vitamin B2 400 mg every day <i>(Available at Medical Village Pharmacy, Custom Prescriptions, or ask your pharmacy to order for you)</i></p>	<p>Metamucil</p> <p>Citrucel</p> <p>Fibercon</p> <p>Benefiber</p> <p>Ducosate Sodium 50 mg</p>
COLDS/SINUSITIS ALLERGIES	INDIGESTION	DIARRHEA
<p>Ocean Nasal Spray</p> <p>Any throat Spray/Lozenge/ Cough Drops</p> <p>Vicks Vaporub</p> <p>Cool or Warm Mist Vaporizer</p> <p>AFTER 12 WEEKS</p> <p>Robitussin Cough Syrup (any type but "D")</p> <p>Benadryl 25 mg. every 4 hours <i>(may make you drowsy-do not drive, operate heavy machinery, be alone with a child, etc. until you know your response)</i></p> <p>Claritin (not "D")</p> <p>Mucinex</p> <p>Zyrtec</p> <p><i>If your temperature is more than 100.4, you have green or yellow nasal drainage, or a persistent cough not relieved with cough syrup, please contact your primary care physician for an appointment</i></p>	<p>Any calcium based antacid -Tums -Fruit flavored Roloids -Liquid Mylanta <i>(Be sure calcium is one of first ingredients-not aluminum)</i></p> <p>AFTER 12 WEEKS</p> <p>Pepcid AC</p>	<p>Imodium AD</p> <p>BRATT Diet <i>(Bananas, Rice, Applesauce, Tea & Toast for 24 hours)</i></p>
	NAUSEA	HEMORRHOIDS
	<p>Vitamin B6 50 mg twice/day <i>(will not help for 3 days)</i></p> <p>Preggie Pops or Queasy Pops <i>(ginger-based lollipops available @ Motherhood shops or on line)</i></p> <p>Ginger Ale or Ginger Snaps</p> <p>Ginger, Mint or Lemon Tea <i>(Drink or freeze in ice cube trays & suck on ice cubes)</i></p> <p>Emetrol OTC</p> <p>Sea Bands</p>	<p>Anusol Cream/Suppositories</p> <p>Preparation H Cream/ Suppositories</p> <p><i>(If severe, use consistently for 2 weeks after every BM and at bedtime. If still no relief, call office for prescription)</i></p>
		YEAST
		<p>Monistat 7 Day Cream <i>Apply externally only up to 4 times/day for symptom relief. If symptoms severe after 12 weeks may insert cream only until symptoms subside.</i></p>

If you have questions about any other medications, please ask the prescribing doctor before taking.