



Diegmann & Henderson OBGYN P.C.

990-6550 Problems/questions during office hours. After office hours, calls will be forwarded to answering service.

OB MEDICATION LIST

Pregnant women should limit taking any medications (prescription or over-the-counter), but the following are generally safe during pregnancy.

PAIN (headache/backache)	Tylenol, Extra-Strength Tylenol Increase water intake for headaches Heating pad on medium setting for backache, firm mattress
UPPER RESPIRATORY SYMPTOMS	Tylenol Sinus, Tylenol Cold and Allergy, Sudafed, Benadryl, Claritin, Zyrtec, Mucinex, Dimetapp, Chlor-Trimeton, Robitussin, Robitussin DM, saline nasal spray, Afrin (no longer than 3 days)
SORE THROAT	Chloraseptic spray, Cepastat lozenges, Halls, frequent warm salt water gargles
ANEMIA (low iron count)	Slow Fe, Feosol, ferrous sulfate
NAUSEA & VOMITING	Vitamin B6 (25mg 3x/day) + Unisom (1/2 tab 3x/day), Emetrol
HEARTBURN & INDIGESTION	Tums, Rolaids, Maalox, Mylanta, Prilosec
DIARRHEA	Kaopectate (if less than 15 weeks), Imodium (if more than 15 weeks)
YEAST INFECTION	over-the-counter 7-day vaginal cream (ie: Monistat)
CONSTIPATION	Matamucil wafers, Citrucel, Perdiem Fiber, Fibercon, Colace (stool softener) prune juice, INCREASE WATER INTAKE, <u>NO LAXATIVES</u>
GAS	Mylanta II, Maalox Plus, Gas-X, Phazyme (per package instructions)
HEMORRHOIDS	Anusol-HC cream, Preparation-H, Tucks pads

DO NOT take Aspirin, anti-inflammatory meds (i.e.: Advil, ibuprofen, Aleve), narcotics, cortisone/steroids or stimulants unless ordered by your doctor.

CALL OUR OFFICE IF YOU EXPERIENCE ANY OF THE FOLLOWING:

1. Severe or continuous nausea or vomiting
2. Fever greater than 101 degrees and chills
3. Pain or burning with urination
4. Cramping or abdominal pain
5. Bleeding or spotting from the vagina (remember spotting after cervical exam may be normal)
6. Abnormal vaginal discharge- change in color or odor
7. Sudden onset of swelling of hands, ankles, feet and face
8. Severe, continuous headache
9. Dimness or blurred vision, flashes of light or dots before eyes
10. Decreased fetal movement (less than 5 movements in 1 hour while lying on left side)
11. Leakage or gush of liquid from vagina
12. Contractions