



Coastal Women's Care

Christine A. Case, MD
April G. Buckingham, PA-C
843.572.5001

Pregnancy Medication List

You can safely take these over-the-counter medications as directed on the box or bottle.

Headaches, Pain, Fever

- Acetaminophen (Tylenol)

Nausea, Vomiting

- Emetrol
- Dramamine
- Eat small meals or snacks every 2 to 3 hours instead of fewer, larger, meals.

Heartburn, Indigestion, Gas

- Maalox, Mylanta, Tums, Rolaids, Gas X
- Pepcid AC, Zantac, Tagamet HB
- Prilosec OTC (must be taken daily)

Diarrhea

- Imodium, Kaopectate
- In most cases, it is better to treat diarrhea with rest, fluids, and a clear liquid diet. Contact the office if the diarrhea persists more than 24 hours.

Constipation

- Peri-Colace, Senekot, Dulcolax (tablets or suppositories)
- Benefiber, Fibersure, Metamucil, Citrucel
- Taking fiber daily will help prevent constipation and keep you regular.

Hemorrhoids

- Preparation H, Anusol, Tucks Wipes

Cough

- Dextromethorphan (Robitussin DM, Delsym) – Works as a cough suppressant
- Guaifenesin (Mucinex) – Works as an expectorant, good for a productive cough

Sore Throat

- Chloraseptic or Cepachol Lozenges
- Warm salt water gargles

Nasal Congestion, Runny Nose, Cold Symptoms

- Saline nasal spray
- Alavert, Allegra, Benadryl, Claritin, Zyrtec – Work best for runny noses
- Sudafed, Tylenol cold & sinus products – Work best for stuffy noses

Rash, Itch

- Benadryl (tablets or cream)
- Hydrocortisone cream
- Calamine lotion

Muscle Aches

- Ben Gay, Icy Hot

Yeast Infection

- Monistat, Vagisil – Use at least a 3 day treatment. Come into the office for an evaluation if not improved after treatment.

Lice

- Rid, Nix

Additional Important Information

- DO NOT use ibuprofen (Motrin, Advil) or naproxen sodium (Aleve).
- DO NOT douche.
- DO NOT use illicit drugs, smoke, or consume alcohol.
- Avoid caffeine. It can cause dehydration.
- Exercise regularly. Labor is like a marathon – train for it! Walking is a great way to do this.
- It is safe to receive vaccinations against the flu and hepatitis B during pregnancy. You may also receive a tetanus shot or have TB testing if necessary.
- You should continue with regular dental care during pregnancy. If your dentist requires written permission, please contact our office.
- If you are being seen by another healthcare provider make sure they know you are pregnant.