

**Park Central OB/Gyn Associates**

**MEDICATIONS FOR PREGNANT PATIENTS**

**SYMPTOMS**

**MEDICATIONS**

Headache

Tylenol (Acetaminophen)

Stuffy head  
Stuffy, runny nose  
Itchy, watery eyes

Sudafed  
Tylenol Cold, Tylenol sinus  
Tylenol cough, Tylenol cough with  
Decongestant, Tylenol flu  
(choose according to your symptoms)

Insomnia (poor sleep)

Bananas, milk, occasional Tylenol PM

Cough

Robitussin products, Tylenol cough

Sore throat

Throat lozenges, Chloraseptic spray,  
Warm salt water gargle

Heartburn, sour stomach

Maalox, Tums, Rolaids, Mylanta  
Pepto Bismol  
Zantac, Pepcid AC

Gas

Phazyme, Mylicon

Constipation

Benefiber (natural bulk)  
Colace, Surfak (stool softner)  
Milk of Magnesia (Laxative)  
Pericolace (Stool softner plus laxative)

Diarrhea

Kaopectate, Pepto Bismol

Nausea and Vomiting

Emetrol, Vitamin B6 (Nestrex)

Hemorrhoids

Preparation H or Anusol  
Tucks pads

Itching, skin rash

Benadryl, Aveeno bath  
Hydrocortisone cream 0.5% (Cortaid)

The above are all available without prescription. Please follow label directions for dosing.  
(Revised 11/04)