

# Castleton Obstetrics → AND GYNECOLOGY ←

 Community Physicians of Indiana

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## **OB Patients:**

The following "over the counter" drugs may be taken safely during pregnancy. Please remember that "non-drug treatment" should be first attempted and then, if there is no relief, you may use the following guidelines. Example-if you have a headache: non-drug treatment-lie down in a quiet, darkened room and rest; if there is no relief after trying this, then take Tylenol.

The following is a list of what you can take for:

### **COLD**

1. Tylenol
2. Actifed
3. Sudifed
4. Chlortrimeton
5. AYR Nasal solution
6. Benadryl
7. Cough drops
8. Throat lozenges
9. Chloraseptic spray

### **INDIGESTION**

1. Mylanta
2. Mylicon
3. Riopan
4. Tums
5. Roloids

### **HEADACHE**

1. Tylenol; regular or extra strength
2. Any acetaminophen product

### **NAUSEA**

1. Emetrol
2. Vitamin B6, 50MG  
2 times a day
3. Dramamine

### **COUGH**

1. Benylin expectorant
2. Robitussin DM

### **LAXATIVE/STOOL SOFTNER**

1. Metamucil
2. Fibercon
3. Senokot
4. Doxidan
5. Peri-colace

### **DIARRHEA**

1. Kaopectate
2. Donnagel-PG
3. Pepto-Bismol
4. Immodium AD

### **DO NOT TAKE WITHOUT THE DOCTORS' ORDERS:**

1. Aspirin
2. Sinutab
3. Exlax

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