



Medications for use during pregnancy

Headache or pain relief

Tylenol regular strength 2 every 4 to 6 hours
Tylenol extra strength 1 every 4 to 6 hours

Cold or sinus congestion

Actifed Zyrtec Benadryl
Mucinex Claritin

Heartburn or indigestion

Tums Gaviscon Zantac
Mylanta Pepcid AC

Constipation

Fibercon
Benefiber
Colace one or two with each meal (up to 6 a day)
Pericolace one or two with each meal (up to 6 a day)
Milk of Magnesia 2 tablespoons at bedtime
Dulcolax suppositories

Diarrhea

Imodium

Hemorrhoids

Warm tub soaks
Preparation H or suppositories
Anusol cream or suppositories
Stool softeners (see constipation)

Use any of the above medications listed according to the pack instructions. If these medications do not resolve your symptoms then call the office, there may be a prescription medication that you can use.

Contact the office immediately if any of the following occur:

Vaginal bleeding
Severe abdominal pain and cramping
Fever greater than 102 degrees
Persistent nausea, vomiting, diarrhea

Do not take aspirin, BC powder, Advil, Aleve, Correctol, Ex-lax or other over the counter medications unless instructed by your provider.

If there is an emergency after hours, call 662-377-3000 and your physician will be paged.