

## MEDICATIONS SAFELY USED DURING PREGNANCY

For headaches, body aches or fever:	Tylenol or other acetaminophen products
For cold and congestion:	Sudafed or Actifed
For cough:	Robitussin plain cough syrup
For nausea:	Vitamin B6 50 mg, one tablet two to three times a day, or Emitol as directed on label
For constipation:	Over the counter fiber stool softeners or laxatives such as Senokot, Surfak, Metamucil or Fibercon
For hemorrhoids:	Preparation H or Anusol
For indigestion:	Over the counter antacids such as Tums, Roloids, Mylanta, Riopan or Maalox
For insomnia (sleepless nights)	Benadryl 25mg, one tablet at bed time (for occasional use only)
For yeast infections:	Monistat or Gyne Lotrimin cream or suppository if the symptoms have not improved after the 3-7 day treatment, please call the OB nurse.

Prescription medications are available if needed. Please contact the office at 407-846-7200 and ask to speak to the OB nurse or the triage nurse if the suggested medications do not work for you.

Please contact the office if you have been prescribed medications from other Physicians.