



Peachtree
WOMEN'S SPECIALISTS, P.C.

MEDICATION LIST

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**OVER THE COUNTER MEDICATIONS ALLOWED
DURING PREGNANCY AND LACTATION**

Antihistamines:

Actifed
Benadryl
Claritin
Claritin-D
Chlor-Trimeton-D
Chlor-Trimeton-DM
Sudafed*
Zyrtec and Zyrtec-D

* Georgia law now requires that Sudafed be requested from the pharmacist, even though it is not a prescription medication.

Cough

Robitussin
Robitussin DM
Robitussin PE*

***DO NOT** use if taking Sudafed or Brethine/Terbutaline.

You may take any cough drop.

Calcium Supplement:

Tums EX- two tablets twice daily
Viactiv

Constipation:

Colace
Fibercon
Konsyl
Metamucil
Milk of Magnesia
Perdiem

Increase dietary roughage, bran, dark green leafy vegetables and fruits. Drink eight to ten glasses of water daily.

Decongestants:

Sudafed
Sudafed Sinus
Sudafed Non-drying
Actifed
Tylenol Sinus
Benadryl
Doxylamine Succinate

Dry Skin:

Cocoa Butter
Eucerin Lotion
Vitamin E Lotion

Fever:

Tylenol
Tylenol Extra Strength
(Two tablets every four to six hours)

DO NOT take more than 12 tablets in 24 hours

Gas:

Mylicon
Mylanta GAS
Phazyme
Mylanta Antacid/Anti-gas

Hemorrhoids:

Preparation H
Colace
Annusol Suppository/Ointment (with or without Cortisone)
Add roughage and increase fluids

Heartburn:

Gaviscon
Maalox
Mylanta
Tums
Pepcid Complete
Rolaids
Zantac

Iron Supplement:

Ferro-Sequels
Ferancee HP
Slow Fe
Slow-Fe with Folic Acid

Itch:

Benadryl Ointment
Caldaryl Lotion
Hydrocortisone Anti-Itch Ointment
Cortaid

Nasal Spray:

Ocean and Nasal Mist—may use as needed
Afrin—**DO NOT** use more than THREE days

Nausea:

Emetrol
Relief Band
Sea Bands
Vitamin B6 (25mg three times daily)
Unisom (one 12.5mg tablet daily) together with Vitamin B6

Pain:

Tylenol
Tylenol Extra Strength

Poison Ivy:

Nutech Wash
Caladryl Lotion*
Ivy Dry*
Benadryl lotion or cream for itching

*Clean affected area with soap and then apply medication to prevent the spread of poison ivy

Diarrhea:

Immodium AD

Sore Throat:

Chloraseptic Oral Strips
Chloraseptic Spray
Sucrets or other throat lozenges

Expectorants:

Mucinex

Sleep:

Benadryl-25mg
Tylenol PM-only occasionally*

***Do not use on a daily basis**

Yeast:

Femstat 3
Gynelotrimin Cream
Monistat 3 or 7 Cream/Suppository*
*Insert applicator halfway only

Dental Procedures:

Your dentist may use Lidocane injections, but **you may not receive nitrous oxide gas**. Tell your dentist that you are pregnant prior to any procedures. If you usually take antibiotics prior to any procedures continue to do so. You may take Amoxicillin or Clindamycin or call the office for other meds. You may have dental x-rays with abdominal lead shield if necessary.

Sun Screen:

Use SPF 30 or higher

Insect Repellant:

Ok to use.

Travel

You may travel up to 36 weeks of pregnancy as long as your doctor has **not** put you on any restrictions. Check with your individual air carrier or cruise line regarding traveling during pregnancy. When traveling empty your bladder frequently and make frequent stops to stretch.

Miscellaneous:

No studies have been done indicating that the following procedures have an adverse effect on fetal development:

Teeth whitening

Artificial Nails

Hair Color—after First trimester (12 weeks)

Attention:

If you are ill or have any questions regarding various medications please call the main office number (404-355-1285) and ask for the triage nurse. Please have the following information available:

Name

Date of Birth

Physician's Name

Pharmacy Phone Number

Name of Medication (if requesting refills)