



OVER THE COUNTER MEDICATIONS FOR OB PATIENTS

COLD/ALLERGIES/COUGH-If fever of 101 or greater call office

Plain Robitussin or Robitussin DM

Tylenol/Extra Strength Tylenol or Tylenol PM-no other Tylenol products

Benadryl (Plain) Not D

Sudafed, Actifed, Tavist-D-only if advised by the doctor.

Cough Drops

Chloraseptic Spray

Claritin (Plain) Not D

Vicks Vapor rub for Congestion

Saline Basal Spray for Congestion

Mucinex-Plain (blue box)

CONSTIPATION

1. Increase water intake-8-10 glasses/day

2. Increase fiber intake, raw fruits and vegetables

3. Exercise

HEADACHE

Metamucil

Drink 8-10 glasses of water/day

Citrucel

Tylenol Plain or Extra Strength

Colace/Peri-colace

HEARTBURN/INDIGESTION

Tums

Pepcid

Decrease spicy foods

Mylanta

Zantac

Maalox

INSOMNIA

Comfortable room temp.

Avoid exercise and heavy

meals before bedtime

Benadryl

RASH

Benadryl cream

Hydrocortisone cream

LEG CRAMPS

Increase Potassium and Calcium intake (1 glass of Gatorade at bedtime)

Increase fluid intake

BACK PAIN

Rest

Back rub

Heating Pad

Tylenol

Good Posture!