



## 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!