



Medication List

Colds, FLU, Minor Aches and Pains: Tylenol Products, Sudafed, Benadryl, Actifed, Travist-D, Claritin, or Saline Nasal Drops (over the counter)

Constipation: Increase intake of fruit juices, bran, and water. May use Milk of Magnesia, Metamucil, Benefiber, or Colace.

Cough: May use cough drops, Robitussin DM, or Triaminic.

Diarrhea: Stick to clear liquid diet like Jell-O, 7-up, or Gatorade for 48 hours. Take Kaopectate as needed.

Fever: Drink fluids. Take Tylenol every 4 hours as directed. Call the office if your temperature is greater than 101 degrees. **Do not take Aspirin, Motrin, or Aleve.**

Headache: If you have no relief after taking 2 Tylenol or you have visual disturbances, call you OBs office.

Hemorrhoids: Sitting in a tub of warm water is a soothing measure. Tucks pads and Preparation H may also help with relief.

Indigestion and Heartburn: Mylanta, Maalox, Tums, Pepcid AC, or Zantac

Nausea: Crackers and lots of fluids to help with nausea. You make take Dramamine or B6. Ginger candy, tea, or snaps help.

****If you are currently taking any prescribed medication, please consult with your OB doctor. ****

