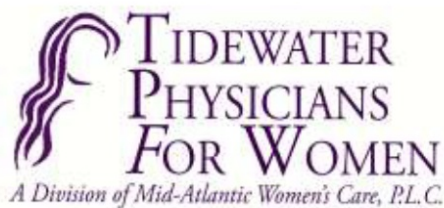


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Recommended Medications for Obstetrical and Breast-Feeding Patients

Symptoms

Medication

Headache

Tylenol, 650 mg every 4 hours

**Sinus Congestion
DM**

Sudafed, Dimetapp, Benadryl, **Mucinex**

Vicks Vapor Rub, **Saline Nasal Mist**

Allergies

Benadryl, Claritin, Zyrtec

Cough

Robitussin DM, *Cough Lozenges*, **Mucinex DM**
Sugar Free Cough Lozenges, Triaminic-Diabetic formula

Constipation

Surfak, Dulcolax

Metamucil, Senakot, **Pericolace, Colace, Milk of Magnesia, Modane,**

Diarrhea

Immodium AD, Kaopectate

Heartburn/Gas

Gas X, Prilosec, Mylicon, Milk of Magnesia

Tums, **Tums Sugar Free**, Roloids, Maalox, Mylanta, Gaviscon,

Hemorrhoids

Preparation H, Anusol, Tucks, Desitin,
A&D ointment

Nausea

Emetrol, Sea Bands, **Ginger capsules 340 mg three times daily,**
Vitamin B6 25mg 3 times daily, Unisom 25mg25mg (cut in half and take
½ Three times daily), Relief Band

If you have Diabetes, choose medications without sugar—bolded options.

If you have high blood pressure, choose options in italics for cough and congestion

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