



YANKTON MEDICAL CLINIC®, P.C.  
VERMILLION MEDICAL CLINIC®

## OVER THE COUNTER MEDICATIONS FOR OBSTETRIC PATIENTS

Questions? 605-665-5538  
1104 West 8th Street • Yankton, SD 57078  
[www.YanktonMedicalClinic.com](http://www.YanktonMedicalClinic.com)

Questions? 605-624-8643  
101 South Plum • Vermillion, SD 57069  
[www.VermillionMedicalClinic.com](http://www.VermillionMedicalClinic.com)

### MEDICATIONS IN PREGNANCY

### PREFERRED CHOICE

#### Headache/pain/fever

- Tylenol (acetaminophen) 1-2 tabs every 4 hours as needed
- NO ASPIRIN, IBUPROFEN or NAPROXYN

#### Nausea

- Unisom Sleep Tabs (Doxylamine), 1 tab at nighttime as needed
- Vitamin B6 50 mg twice a day as needed
- Ginger Root 250 mg 4 times a day as needed

#### Sinus

- Tavist Allergy (Not D) 1 tab every 12 hours as needed
- Ayr Nasal Spray 2-6 sprays per nostril as needed
- Benadryl (Plain) 25-50 mg 1-2 tabs every 4-6 hours as needed
- Claritin (loratadine) (Not D) 10 mg daily as needed
- Dimetapp, Zyrtec is also acceptable, (Not Zyrtec D)
- NO ALLEGRA

After 12 weeks

- Sudafed 1 tab every 4-6 hours as needed. \*Do NOT take if you have high blood pressure.

#### Cough

- Throat lozenges: Chloroseptic, Cepacol, Halls

After 12 weeks

- Dextromethorphan hydrobromide: Robitussin plain or DM 1-2 tsp every 4 hours as needed
- Triaminic \*Do NOT take if you have high blood pressure.

#### Constipation

- Metamucil 1 tsp to 1 Tbsp. 1-3 times a day as needed
- Citrucel 1 Tbsp. 1-3 times a day as needed
- Miralax per bottle dose
- Colace 100 mg by mouth as directed on bottle
- High fiber diet

#### Hemorrhoids

- Cotton balls soaked in Milk of Magnesia
- Tucks Medicated pads
- Anusol HC cream, 2 times a day as needed

#### Vaginal Infection

After 12 weeks

- Monistat over the counter
- Myclex over the counter

#### Heartburn

- Maalox 2-4 tsp a day as needed
- Mylanta 2-4 tabs a day as needed
- Pepcid 1 tab 2 times a day
- Zantac 1 tab 2 times a day
- Prevacid
- Prilosec
- Chewable antacids: Rolaids, Tums, Gaviscon

If you have any questions or concern, do not hesitate to contact your physician.