

Center For Women's Health

4840 College Blvd
Overland Park, Kansas 66211

OB PATIENTS

Even pregnant patients contract routine illness. The following list contains our first-line over-the-counter drug recommendations safe for you to take while pregnant. **Do not take** any non-steroidal anti-inflammatory medication like Aspirin, Ibuprofen (Advil/Motrin, etc), Celebrex and the like.

COLDS, FLU: Tylenol/Tylenol Extra Strength (Acetaminophen) for: Headache/fever/aches
Mucinex (Guaifenesin) or Chlortrimeton – Congestion
Robitussin (plain) – Coughing
Chlorasptic/Cepacol lozenges/warm salt water gargles – Sore throat

Call the office if fever is over 101 / Coughing / Draining green phlegm

ALLERGIES: Benadryl, Claritin, Zyrtec, Tavist, as directed by your Primary Care Doctor

NAUSEA & VOMITING: Emetrol/Flat Gingerale, Sprite, or 7-UP/Gatorade/Pedi-Lite, frequent Protein snacks(Peanut butter crackers)

Call the office if cannot keep liquids down for more than 24 hrs. Phone: 913-491-6878.

HEARTBURN/GAS: Zantac, Gasex, TUMS, Mylanta; No greasy, fried or spicy foods. **Eat 5 small meals a day.**

DIARRHEA: Kaopectate or Imodium/Clear liquids (popsicles, jello, 7-Up, broth & then the "BRAT" diet (bananas, rice, applesauce, tea) **Call the office if diarrhea persists 2-3 days – no response to meds or diet.**

CONSTIPATION: Milk of Magnesia, Senokot, or Konsyl, 2-3 TBS mineral oil mixed in juice, Lots of water, warm prune juice ¼ cup, 2-3 times a day. Apples, veggies, fiber and exercise. Colace (if stools hard, pebbly), takes 1 week to work. Benefiber in Water

HEMORRHOIDS: Preparation-H, Anusol
Soak in warm water 2-3 times daily.

HEADACHES: Tylenol 2 tabs every 4 hours as needed. **Call the office if persists/blurry vision/or dizzy**

NOSE BLEEDS: Common in pregnancy-use Vaseline in nose and humidify household. **Call the office if persistent.**

LEG CRAMPS: If in **both** legs-Ensure Calcium intake is 1500mg daily (300mg – 8oz. milk; 400mg – yogurt serving) or OS Cal 500mg, or similar product, twice daily. **Call the office if pain is in one leg only.**

YEAST INFECTION: Monistat 7 days OTC-(Safe in pregnancy)
(Common during Pregnancy)