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CalvertHealthMedicalGroup.org

## **Obstetrics & Gynecology Over-The-Counter Safe Medications**

When you are pregnant, it is considered best if you take little or no medications; however sometimes medications are needed. Below is a list of medications that are safe if used in moderation and only when needed. Please call the office if you have any questions about what is safe to take in pregnancy.

## Allergy, Cold and Flu

Warm Apple or Prune Juice **DO NOT USE MINERAL OIL** 

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<u>Symptoms</u>	<u>Sleeplessness</u>	Nausea (Morning Sickness)
Chlor-Trimeton	Benadryl	Products that contain Ginger
Claritin	Tylenol PM	Ginger Tea
Chloraseptic Spray or Lozenges		Ginger Snap Cookies
Halls Cough Drops	Diarrhea	Ginger Ale
Drixoral	Imodium	Peaches are also well tolerated
Cold and Allergy		Vitamin B rich foods or tablets
Cold and Flu	<u>Heart Burn</u>	Food:
Allergy and Sinus	Maalox	Whole Grains
Nasalcrom Nasal Spray	Pepcid	Wheat Cereals
Theraflu	Tums	Wheat germ
Regular & Maximum Strength	Rolaids	Nuts, seeds, legumes
Triaminic Products	Tagamet	Corn
Tylenol		Avoid odors such as:
Cold, Allergy, Sinus & Flu		Cooking Odors
Tylenol	Gas	Cigarette & Cigar Smoke
Regular or Extra Strength	Gas-X	Eat several small meals a day
Robitussin Products	Mylanta	Called Grazing
		Avoid spicy and greasy foods
<b>Constipation</b>	<u>Hemorrhoids</u>	
Colace	Tuck Pads	Yeast Infection
Metamucil	Anusol Cream	Monistat 3 Day
Milk of Magnesia	Preparation H	Monistat 7 Day

Read the labels that list the active ingredients in all medications you take. Avoid any products that contain Alcohol, Aspirin, Ibuprofen or Naproxen.

## **CalvertHealth Obstetrics and Gynecology**

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