**MidMichigan Obstetrics & Gynecology**

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**Midland, MI 48640-6960**

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**OVER THE COUNTER (OTC) MEDICATIONS**

The following information is regarding common problems during pregnancy and remedies that we recommend. However, if you are ever in doubt about the severity of your symptoms or have questions about medications, please contact our office!

The remedies listed are all over the counter (OTC) even though you **might need to ask the pharmacist for certain ones that are behind the counter,** you do not need a prescription for any of these! Read and follow the directions on the label unless directed otherwise by your physician.

**INDIGESTION & HEARTBURN**

Gaviscon, Mylanta, Maalox, Tums, Pepcid, and Zantac (Do **NOT** take Pepto-Bismol)

**CONSTIPATION**

Fibercon, Citrucel, Metamucil, Milk of Magnesia, Miralax, Align, Flora-Q

**SINUS/NASAL CONGESTION & ALLERGY SYMPTOMS**

Mucinex, Claritin (Alavert), Claritin D (Alavert D), Benadryl, Dimetapp, Saline Nasal Spray, Afrin Nasal Spray (use only as directed for no longer than 3 days), Tylenol Sinus & Sudafed (Sudafed must be obtained from behind the pharmacy counter and require your signature), Zyrtec

**HEADACHES**

Extra Strength Tylenol or Tylenol Sinus. **Do NOT take aspirin or any product that contains Ibuprofen (Advil/Motrin/Aleve)** unless otherwise directed by your physician. Questions concerning ingredients can be answered by your physician or your pharmacist.

**COUGH**

Robitussin, Delsym, Mucinex DM- Please read the label to choose the correct formula for your symptoms.

**HEMORRHOIDS**

Anusol HC, Preparation H, Tucks Medicated Pads

**DIARRHEA**

Imodium AD

**The following are also common problems, but can become complicated if proper treatment is not implemented:**

**NAUSEA & VOMITING:** If only mild nausea and vomiting occur, Emetrol, Bonin, Dramamine, Vitamin B6, B-Natal Therapops/Lozenges may be used. Follow all package directions. More severe or persistent causes should call our office.

**SWELLING:** You may experience swelling of the hands and feet later in pregnancy. It is best to keep your feet elevated as much as possible. Other measures to reduce swelling- Reduce salt intake! Avoid salting food, avoid canned (processed) foods such as soups, vegetables, sauces, and lunch meats. All of these are high in sodium and will cause water retention! Call the office immediately if swelling is accompanied by a headache, dizziness, or spots before your eyes.

**Please call the office for further information that may not be listed or with any questions that you may have!**