



PREGNANCY MEDICATION PROTOCOL

Problem/Symptom	O.T.C. Medications—take as directed
Sinus Drainage/Allergy If green drainage is present—patient needs to be seen in the office.	Benedryl, Tylenol Sinus, Actifed, Sudafed, Chlor-Trimetom, Zyrtec, Claritin
Cough (Non-productive)	Benylin Expectorant, Robitussin
Cough (Productive)	Benylin Multi-symptom, Robitussin DM, Hall's Cough Drops, Sucrets
Nasal Congestion (Can only use OTC nose spray for 3 days or will get rebound effect with the exception of normal saline drops.)	Normal Saline Drops, Afrin
Pain	Tylenol, Extra-strength Tylenol or generic, aspirin free Excedrin Migraine.
Heartburn	Maalox, Mylanta, Amphojel, Tums, Rolaids (3) Tums can be used as calcium supplements, Pepcid, Zantac, Prevacid
Constipation	Metamucil, Citrucel, Fibercon, Colace
Diarrhea	Imodium A.D., Kaopectate
Muscle Aches	Deep Heat Rub, Heating pad (on 20 minutes/off 20 minutes)
Sudden Muscle Injury	Ice packs (For first 24 hours: 10, minutes on/10 minutes off then switch to heating pad: 20 minutes on/20 minutes off). This is for a pulled back or leg muscle.
Itching Skin Rash Insomnia	Caladryl, Calamine Lotion, Aveeno Soaks, Benedryl Tylenol PM