



AMY MARTIN MD

Obstetrics and Gynecology

Safe Medications during Pregnancy

Symptoms:

Headaches, Fever, Mild Pain

Cold, Stuffy Head, Congestion

Stuffy, Runny Nose

Cough

Sore Throat

Heartburn, Gas, Sour Stomach

Constipation

Diarrhea

Nausea, Vomiting

Hemorrhoids, Rectal Pain

Flu/ Flu Prevention

Medications:

Regular Strength Tylenol, Acetaminophen

Nasal Saline Spray, Mucinex

Claritin, Zyrtec, Benadryl, Mucinex, Ocean Nasal Spray – Day Time

Mucinex DM, Robitussin DM, Cough Drops

Throat Lozenges, Cepacol, Warm Saltwater Gargle

Mallox, Mylanta, Tums, Pepcid

Metamucil, Benefiber, Milk of Magnesia, Stool Softener's (Colace, Surfak, or Peri-colace)

Imodium (If Recommended by Physician)

Tums, Emetrol

Warm Sitz Bath, Preparation H, Tucks

Call Office if you experience symptoms/ Flu Vaccine given in the fall