

Dunwoody Obstetrics & Gynecology, PC

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Our Business is Caring

Below are a list of common complaints during pregnancy and a list of approved medications by our office. If you do not see a medication listed here, it is NOT approved by our physician. If there are any questions please call our office for further assistance. Please follow the directions on the package and do not exceed recommended dose.

Cold, Hayfever, & Congestion

- Actifed
- Tylenol Cold & Sinus
- Triaminic
- Chlor-Trimeton
- Claritin
- Zyrtec
- Sudafed
- Robitussin DM
- **Non-drug remedies**
 - Salt water nasal drops
 - Vaporizer or humidifier to keep air moistened
 - Sleep on extra pillows to keep head elevated
 - Lower temperature settings

Constipation

- Metamucil
- Fibercon
- Colace—100mg twice a day
- Citracil
- Milk of Magnesia
- Non Drug remedies
 - Fruits and Vegetables
 - Unrefined bran 1-2 teaspoons daily

Nausea and Vomiting

- Stop Iron and Vitamins
- Eat small frequent meals
- Crackers and clear soda
- Nestrex

Diarrhea

- Imodium AD
- Kaopectate
- Avoid milk products

Yeast Infection

- 3-day product like Monistat 3

Heartburn/Indigestion

- Mylanta
- Maalox
- Tums
- Riopan
- Pepcid AC
- Pepcid Complete
- Zantac
- Mylicon
- Gas-Ex

Hemorrhoids

- Tucks
- Anusol HC
- Ice packs

Headaches, Muscle Aches, and Fever

- Plain Tylenol
 - Up to two tablets every 4-6 hours
- Extra-Strength Tylenol
 - Up to two tablets every 6 hours

Sore Throat

- Warm Salt Water Goggles
- Choraseptic Spray
- Throat lozenges
- Cough Drops

Insomnia

- Benadryl 25 mg
- Tylenol PM

Avoid

- Aspirin Products
- Ibuprofen (e.g. Advil, Motrin)
- Naproxen (e.g. Aleve, Anaprox)
- ANYTHING NOT ON THIS LIST WITHOUT PHYSICIAN APPROVAL