Gary W. Easterling, M.D., F.A.C.O.G.
Deanna Doyle, M.D., F.A.C.O.G.
Richard B. Jamison, M.D., D.A.B.O.G.
Kyle L. Garner, M.D., F.A.C.O.G.

5741 Bee Ridge Road, Ste. 390
Sarasota, FL 34233
(941)379-6331-Fax(941)379-5443

Gulf Coast Obstetrics & Gynecology, Ltd.

No medication is considered safe for long-term use in pregnancy. Each medication carries certain risks and benefits. Therefore, it is recommended that you:

1. Limit your use of all medications unless you are severely impaired or your doctor or nurse practitioner recommends the medication.
2. Minimize the number of days or doses

The following *Over-the-Counter* medications are commonly used for the following ailments and are generally safe to take in pregnancy:

Symptom	Medication
ALLERGIES	Sudafed (short acting), Benadryl, Tavist, Tavist D, Chlortrimeton
COLD/FEVER	Tylenol or Extra Strength Tylenol. Increase bedrest and fluids. Report a fever over 100.5F
CONGESTION	Sudafed (short acting), Benadryl, Tavist, Tavist D, Chlortrimeton, Robitussin Expectorant
COUGH	Robitussin
CONSTIPATION	Metamucil, Fibercon, Colace and Milk of Magnesia. Increase fiber and fluids in your diet.
DIARRHEA	Kaopectate, Immodium AD, PeptoBismol
HEADACHE	Tylenol, Tylenol Extra Strength, Acetaminophen. Report any headache unrelieved by Tylenol or Tylenol Extra Strength.
HEARTBURN	Tums, Rolaids (calcium formula), Maalox or Maalox Plus), Mylanta
HEMORRHOIDS	Anusol cream/suppositories, Tucks, Witch hazel, Preparation H
HERPES	Dom Burrow Soaks, Sitz baths. Call office for Rx.
INDIGESTION/GAS	Mylicon-80, Gas-X, Gaviscon
NAUSEA	Emecheck, Emetrol, peppermint oil, Sea Bands, ginger ale, PeptoBismol, apples
SLEEP PROBLEMS	Tylenol PM, Benadryl, L-Tryptophan amino acid
SORE THROAT	Cepacol Lozenges, dilute warm salt water for gargling
SKIN IRRITATION	Calamine lotion, Caladry lotion, Corticaine, Lanacort, Neosporin

Avoid Alka Seltzer, Aspirin, Coricidin, Aleve and any ibuprofen products (i.e. Nuprin, Advil, Motrin)