



OPTIMA™
Women's Healthcare

Vandna Jerath, MD

APPROVED OVER THE COUNTER (OTC) MEDICATIONS DURING PREGNANCY

Constipation:

Colace 100mg twice a day as needed

Glycerin Suppositories as directed

Metamucil 1 teaspoon twice a day

Heart Burn:

Gaviscon

Maalox 2 teaspoons once a day

Mylanta 2 teaspoons once a day

Tagament as directed

Tums as needed

Zantac 150 mg twice a day

Diarrhea:

Imodium as directed

Kaopectate as directed

Headache:

Tylenol extra strength as directed

Hemorrhoids:

Anusol

Preparation H

Tucks

Witch Hazel

Insomnia:

Benadryl 25-50mg at bedtime

Tylenol PM as directed

Unisom as directed

Iron Supplements:

Fergon 320mg one three times a day

Ferro sequels once a day

Ferrous Sulfate 325mg twice a day

*VitaMedMD Iron 21/7 (sold at OWHC)

Vaginal Yeast Infection:

Monistat 3day or 7day

Mycelex as directed



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Nasal Congestion:

Actifed as directed
Benadryl as directed
Chloraseptic spray and lozenges
Chlor-trimetron as directed
Dextromethophran as directed
Dimetapp elixir as directed
Mucinex
Ocean Spray Nasal spray
Robitussin as directed
Sudafed as directed
Tavist as directed
Vicks

Allergies:

Benadryl as directed
Zyrtec as directed
Claritin as directed

Nausea:

Benadryl as directed
B-natal Therapops
Dramamine as directed
Gatorade
Ginger Ale
Ginger capsules/tablets
Ginger Snap Cookies
Unisom as directed
Vitamin B-6 50mg 2 tablets twice a day

Skin Rash:

A & D Ointment
Aveeno
Benadryl Cream
Calamine Lotion
Dermoplast Cream
Witch Hazel