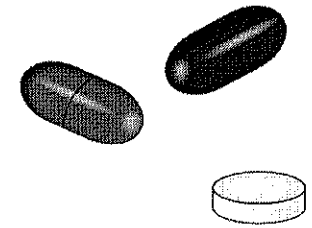


Medications



A. Over the Counter Medications

The following OTC drugs may be safely taken after 12 weeks gestation following all directions on the container for adult use.

Problem	OTC Medication	Precautions/Call Your Doctor
Mild Headache/Aches & Pains	Acetaminophen (Tylenol)	Severe and/or persistent headache
Cold/Sinusitis/Allergies	Sudafed, Afrin Nasal Spray, Ocean Mist Nasal Spray	
Cough & Minor Throat Irritation	Robitussin or non-alcohol cough syrup, alcohol free lozenges	Persistent Cough/Sore throat
Nasal Congestion and Cough	Triaminic DM	
Cold	Sudafed, Tylenol, Claritin, Benadryl, Robitussin	
Mild to Moderate Diarrhea	Donnagel chewable tablets, Kaopectate	Diarrhea that persists for more than 2 days accompanied by fever
Constipation	Metamucil, Milk of Magnesia	Severe Straining
Heart Burn	Maalox, Mylanta, Tums, Pepcid, Zantac, Prilosec	If the medications don't provide relief
Gas	Gas-X, Gelusil	
Hemorrhoids	Chilled witch hazel packs, sitz bath	Bleeding or severe pain
Insomnia	Warm bath, a good book, B6;50MG, warm milk, Benadryl	
Morning Sickness	Ginger products, Unisom, and Vitamin B6	Persistent vomiting, weight loss or inability to tolerate fluids