

# GENESYS WOMEN SERVICES, P.A.

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## Over the counter medications :

**It is best not to take any medications during pregnancy, especially during the first 13 weeks.**

However, there is no evidence that the following medications are harmful and they may be used sparingly. Please follow dosage instructions on the label and call your provider if symptoms persist or if you have any questions.

### **DO NOT USE ASPIRIN OR IBUPROFEN PRODUCTS DURING PREGNANCY**

<b>HEADACHES/COLDS</b>	<b>Tylenol and Extra strength Tylenol</b>
<b>ALLERGIES/COLDS</b>	<b>Ocean Nose Spray, Benadryl, Actifed, Claritin</b>
<b>SORE THROAT/COUGH</b>	<b>Plain Robitussin or Triaminic (NO DM Products), Cepacol Spray and Lozenges</b>
<b>HEARTBURN</b>	<b>Maalox, Mylanta, Pepcid, Zantac</b>
<b>CONSTIPATION</b>	<b>Stool Softeners, Metamucil, Fibercom, Citrucel Colace</b>
<b>HEMORRHOIDS</b>	<b>Anusol, Preparation H, Tucks</b>
<b>DIARRHEA</b>	<b>Fluids, Kaopectate</b>
<b>NAUSEA</b>	<b>Fruit Gum, Saltine Crackers, Vitamin B-6, 50mg 3 times</b>
<b>YEAST CREAMS</b>	<b>Monistat 7, Gyne-Lotrimin</b>

**Thank you for choosing GENESYS WOMEN SERVICES.**