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## Obstetrics & Gynecology

### PREGNANCY APPROVED OVER THE COUNTER MEDICATION LIST

#### NAUSEA/VOMITING

- Benadryl (diphenhydramine)
- Unisom 25mg (doxylamine succinate)
- Vitamin B6 (pyridoxine)
- Sea Bands wrist bands
- Ginger Ale/Lemon Lime Soda
- Ginger Snaps
- Preggo Pops or hard candy
- lemonade
- warm beverages
- small frequent meals
- **If unable to keep down oral fluids for 24 hours, please contact the clinic**

#### MOTION SICKNESS

- Sea Bands wrist bands
- Dramamine (meclizine)

#### HEARTBURN

- Tums (calcium carbonate)
- Pepcid (famotidine)
- Prilosec (omeprazole)
- Nexium (esomeprazole)
- Prevacid (lansoprazole)
- Gas X (simethicone)
- Sit up for 30 minutes after meals

#### LICE

- RID or Nix

#### YEAST INFECTION

- Monistat (miconazole)  
3 or 7 day Vaginal Cream
- Gyne-Iotrimin (clotrimazole)  
3 or 7 day Vaginal Cream

#### COLD/FLU/COVID-19/ALLERGY

- Benadryl (diphenhydramine)
- Claritin (loratadine)
- Zyrtec (cetirizine)
- Allegra (fexofenadine)
- Normal Saline Nasal Spray
- Afrin Nasal Spray  
*do not use longer than 2 days*
- Flonase (fluticasone)
- Mucinex (guaifenesin)
- Robitussin DM Cough Syrup (guaifenesin/dextromorphan)
- Delsym (dextromethorphan)
- Emergen-C
- Zycam
- Airbourne
- Cough Drops
- Allergy injections  
*(if established with allergist)*
- Humidifier at bedside
- Vicks Vapor Rub
- Sudafed (pseudoephedrine)  
**(avoid until after 12 weeks gestation)**
- Tylenol (acetaminophen)
- Tylenol Cold/Flu
- Increase fluid intake
- Rest
- Frequent hand washing

#### COLD SORES

- Abreva (docosanol cream)

#### ACNE

- Acne Face Wash
- Benzoyl Peroxide
- Salicylic Acid
- Proactiv
- prescription topical antibiotic creams, lotions, or gels
- **AVOID Retinoids, Retinols**
- **NO Accutane**

#### PAIN

- Tylenol (acetaminophen)  
**do not exceed 3,000mg in 24 hours and do not combine with other medications containing acetaminophen**
- low heat heating pad
- warm baths  
*(if your water has not broken)*
- Prenatal Massage
- Maternity Support Belt
- ThermoCare Heat Wraps
- SalonPas 4% Lidocaine Patches
- IcyHot or BenGay
- **AVOID NSAIDs – Ibuprofen, Advil, Naproxen, Aleve**

#### LEG CRAMPS

- Calcium 500-600mg 1-2x daily
- Magnesium 400mg
- Sports Drinks
- Bananas
- Stretching
- Increase Fluid intake
- Heating Pad

#### HEADACHES

- Tylenol
- Increase fluids
- Caffeinated beverage
- Hot or Cold Compresses
- **If headache is severe, does not respond to these measures or accompanied by swelling of extremities or visual changes, contact the clinic**

## SEE OTHER SIDE

### CONTINUED

#### CONSTIPATION

- 8-10 glasses of water daily
- Miralax (polyethylene glycol)
- Colace (docusate sodium)
- Fiber Supplements
- Metamucil (Psyllium)
- Citrucel (methycellulose)
- Dulcolax (bisacodyl)  
*oral or suppository*
- Fibercon (polycarbophil)
- Milk of Magnesia  
(magnesium hydroxide)
- Fleets Enema  
(sodium phosphate rectal)
- Increase activity/walking

#### DIARRHEA

- Imodium (loperamide)
  - Increase fluids
  - Clear liquids x 24 hours, then  
bland diet until regular diet  
tolerated
- AVOID Pepto-Bismol and  
Kaopectate**

#### HEMORRHOIDS

- Tucks Pads (Witch Hazel)
- Preparation H
- Hemorrhoid Suppositories
- Colace (docusate sodium)
- Sitz Baths

#### VACCINATIONS IN PREGNANCY

- Influenza (Flu) Vaccine
- COVID-19 Vaccine series/boosters
- Hepatitis B Vaccine series
- Tdap - tetanus, diphtheria, pertussis  
(*anytime after 26 weeks*)
- Tuberculosis (TB) Testing

#### SUPPLEMENTS

- Prenatal Vitamin daily – *should  
contain at least 800mcg of Folic Acid*
- Gummy Prenatal Vitamins  
(*do not contain iron, switch to regular  
PNV once tolerated*)
- DHA  
(*via prenatal vitamin or obtain from  
Omega 3 Fatty Acids in your diet*)
- Vitamin C - max of 1,000 mg daily
- Vitamin D - max of 2,000 iu daily
- Calcium - max of 1,200 mg daily
- Zinc - 15 mg daily
- Magnesium - 400mg daily
- Probiotics
- Fiber
- Iron (ferrous sulfate) – 325 mg daily  
unless otherwise advised by your  
physician

#### HERBAL SUPPLEMENTS/OILS

- Pre-packaged tea in moderation

#### RASH

- Benadryl (diphenhydramine)  
*Can use oral or topical cream*
- Claritin (loratadine)
- Zyrtec (cetirizine)
- Allegra (fexofenadine)
- Hydrocortisone 1% Cream
- Colloidal oatmeal baths (Aveeno)

#### MISCELLANEOUS

- Hair Care/Coloring
- Painting allowed in well ventilated area
- Bug Spray with DEET
- Sunscreen
- Coffee/Caffeinated beverages  
2 cups max daily
- Smoking Cessation Medications - Chantix,  
Nicotine patches, Nicotine Gum, Nicotine  
Lozenges

#### DENTAL

- Anbesol
  - Orajel
  - Routine screening/cleanings encouraged
  - Dental procedures (fillings, root canals,  
abscess treatment, etc) encouraged if  
needed
- Your dentist, not your OB/GYN, should be  
the one to prescribe any antibiotics or pain  
medications needed following dental  
procedures

**SLEEP**

- Unisom (doxylamine succinate)
- Tylenol PM  
(tylenol/diphenhydramine hydrochloride)

- “Pregnancy Tea”
- Herbal supplements and supplement combinations are not well studied in pregnancy, therefore, not recommended.
- Essential Oils:  
**Limited studies in pregnancy**  
Use at your own discretion  
Diffused diluted essential oils – okay  
Topical diluted oils – minimal use  
DO NOT ingest essential oils during pregnancy