**OB Quick Reference Guide**

North Florida OB/GYN: (904) 208-2550 (including after hours)
Baptist Downtown Labor & Delivery: (904) 202-2055

Safe Over-the-Counter Medication List during pregnancy

**Allergy:** Allegra, Benadryl, Claritin, Mucinex, Zyrtec  
**Cold/Sinus:** Tylenol (Acetaminophen) Cold & Sinus, Benadryl, Claritin, Mucinex, Singulair, Sudafed, Zyrtec  
**No products containing alcohol**  
**Cough:** Robitussin DM, Vicks cough syrup, Vicks Vapor Rub  
**Sore Throat:** Chloraseptic throat spray or lozenges, gargle with warm salt water as needed  
**Concentration:** Tylenol (Acetaminophen) Cold & Sinus, Claritin, Sudafed, Tavist D, Vicks Vapor Rub  
**Cough:** Robitussin DM, Vicks cough syrup, Vicks Vapor Rub  
**Sore Throat:** Chloraseptic throat spray or lozenges, gargle with warm salt water as needed  
**Diarrhea:** Immodium, Kaopectate, Pepto Bismol **Call if persistent**  
**Gas:** Gas X, Maalox, Mylanta, Mylicon  
**Heartburn:** Tums, Maalox, Mylanta, Pepcid AC, Prevacid, Prilosec, Zantac  
**Nausea/Vomiting:** Dramamine, Emetrol (if not diabetic only), Sea Bands, Vitamin B6 25mg three times a day  
**Hemorrhoids:** Anusol, Preparation H, Sitz baths, Tucks pads, Witch Hazel  
**Headache/Pain:** Tylenol/Acetaminophen (regular or extra strength)  
**Insomnia:** Tylenol (Acetaminophen) PM, Benadryl **Avoid caffeine**  
**Yeast infection:** Monistat 7 night vaginal cream treatment

**As always, please call if any questions/concerns, or if above treatments do not work for your problem!**

**Preterm Labor Precautions (36 weeks or less):** 5-6 contractions/cramps in an hour, vaginal bleeding, leaking fluid, and/or constant lower back pain

**Labor Precautions (37 weeks +):** Contractions every 5 minutes or less x one hour, leaking fluid, and/or vaginal bleeding more than spotting  
**Losing your mucus plug is NOT a sign of labor and you do not have to call to report**

**Note:** Vaginal spotting is normal after a vaginal exam in the office or after having sexual intercourse