



OB MEDICATION LIST

Vitamins and/or Iron tablets: These should be taken every day since most women tend to become anemic during pregnancy. It is usually better not to take Iron and Prenatal vitamins together at the same time. Take them at different times of the day, and always after food or plenty of fluids. These can be taken after delivery, if desired, and should be taken by nursing mothers. (Iron will usually cause your stools to be dark or black and vitamins can darken urine.) (If you take thyroid medication you should wait at least 1 hour before taking iron, since iron may prevent absorption of thyroid medication.)

If you feel nauseated: Eat lightly throughout the day rather than eating large meals. Eat food the very first thing, slowly munching crackers, dry toast, dried fruit, or a piece of hard candy. Avoid liquids for 1 to 2 hours after eating dry foods. Avoid greasy, spicy foods. Don't Fast. At least drink fluids. Take your vitamins. Apricot nectar, ginger tea or ale- sips of your favorite soft drink can be taken. Alternate throughout the day with dry and wet foods. For persistent or severe vomiting, start bedrest and contact the Clinic.

Tylenol and extra-strength Tylenol, Anacin-3, Datriil, Panadol, and Percogic: Take as directed for headaches, muscle strain and elevated temperatures. If these do not relieve your discomfort, or if your temperature persists despite these, contact the Clinic at (479) 274-5000 or 1-800-333-1305.

Mylanta liquid/or tablets (Rolaids): Antacid can be taken as directed for heartburn and indigestion. Heartburn that occurs at night may be relieved by avoiding heavy meals before bedtime. Try sleeping with your head and shoulders elevated. Other antacids may used, but always make sure they are low sodium or no sodium.

Dailose and Dialose Plus, Milk of Magnesia liquid or tablets: These may be used for constipation. Before you take any medications, first look at your diet--are you drinking plenty of fluids? Are you eating a diet high in fiber? (Bran, fresh fruits, and vegetables, etc.)

Preparation H, Protofoam, Tucks, and Corticaine: Use any one of these as directed for hemorrhoids.

Kaopectate, Alternagel, or Donnagel: Take as directed for mild diarrhea.

Foods to AVOID if you are having problems with diarrhea: Fats, butter, eggs, whole milk, ice cream and most cheese, meats, raw vegetables. Spicy foods, pastries, or gas-forming vegetables, whole wheat or rye breads or cereals.

Foods permitted during first 8-10 hours: Clear liquids (small, frequent amounts) water, tea, seven-up, ginger ale, apple juice, popsicles.

Second 12 hours: Soups (not cream style), clear broths and/or tomato juice. Rice (plain), crackers, apples (no peelings).

Second day: Take small feedings every 2 hours. White toast, low fat milk, low fat cottage cheese, baked or boiled potato (plain), broiled white meat or very lean ground beef.

Third day: Soups (all kinds), canned or cooked fruits and vegetables. After the third day, return to normal diet.

Pseudoephedrine (previously Sudafed), Actifed, Chlor-trimeton, Contac Cotylenol, Benadryl or Comtrex: Use any one of these for colds and/or sinus congestion. Force fluids, take Tylenol for fever, use a cool-mist vaporizer for sore throat, and gargle warm salt water. A small amount of Chloraseptic spray may be used. Sucrets or lozenges of your choice may be used. You may use any Robitussin cough syrup if needed for a cough. Report fever of 101° or greater or chest pain.

**DO NOT TAKE ANY OTHER MEDICATIONS WITHOUT CONTACTING THE CLINIC
AT 274-5000 OR 1-800-333-1305**