



Indication	Medication
Constipation	Increase water, fruit & vegetable intake Fiber supplements (Benefiber/Fibercon/Metamucil) Stool softeners (Colace, Surfak, Senekot, Miralax) Avoid Laxatives
Cough/Congestion	Robitussin, Guaifenesin, Mucinex, Cough Drops Saline nose spray, Zicam, Humidifier Tylenol Cold & Sinus, Sudafed (Do not use if you have elevated blood pressure without discussing with your doctor first) Claritin, Zyrtec
Diarrhea	Imodium AD, Kaopectate Call office if diarrhea persists
Fever Headache Pain	Tylenol Notify your physician if temperature above 100.4°F No Ibuprofen or Aleve
Hemorrhoids	Preparation H, Tucks Pads
Indigestion/Gas	Tums, Roloids, Gaviscon Mylanta, Maalox Pepcid, Zantac, Prilosec OTC
Nausea	Emetrol Unisom (doxylamine) Vitamin B6 Motion sickness wrist bands Small, frequent meals If uncontrollable vomiting, notify physician
Sore Throat	Tylenol Chloraseptic spray
Sleep	Benadryl
Itching	Benadryl, Claritin, Zyrtec
Urinary Complaints	Call office

Pregnancy Dos & Don'ts

- Don't change cat litter boxes
- Only buy pasteurized dairy products and fruit juices
- Avoid high temperatures. Take Tylenol if you have fever and avoid hot tubs and saunas
- Avoid alcohol, tobacco and drugs
- Don't drink more than 2 cups of coffee a day
- Wash all fruits and vegetables, avoid raw sprouts
- Cold cuts should be heated before eaten
- Avoid raw and undercooked foods
- Limit amounts of fish that contain high levels of mercury. These include shark, swordfish, tilefish, king mackerel & jackfish. Canned white tuna should also be limited to 1-2 servings per week



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