

OB Over-the-Counter Safe Medication List



Please contact the office if symptoms do not improve after the following recommendations.

Remember to drink at least a gallon (128 oz) of water daily!

Allergy

Allegra/Claritin/Zyrtec (not together)

Benadryl (Diphenhydramine 25-50 mg)

Antacid

Gaviscon

Mylanta

Nexium (Esomeprazole 20 mg daily)

Pepcid (Omeprazole 20mg daily)

Tagamet (Cimetidine)

Tums

*Avoid lying down 1 hour after eating to help with acid reflux.

Calcium

Viactiv calcium chews

*Check with provider if you have low iron.

Cold & Cough

Actifed

Cough Drops

Dimetapp

Flonase

Humidifier

Nasal Saline

Robitussin

Constipation & Gas

Benefiber

Colace (Docusate Sodium)

Dulcolax Chewables

Gas-X

Magnesium Oxide (up to 300 mg daily)

Milk of Magnesia

Mylicon

Diarrhea

Imodium

Metamucil

Psyllium

*Following a plain B.R.A.T. (banana, rice, applesauce, toast) diet is encouraged. If symptoms last more than 24 hours, please call our office.

Headache

Caffeine (200 mg daily)

Hydration (add electrolytes)

Magnesium Glycinate (up to 300 mg daily)

Tylenol (650 – 1,000 mg *max dose 4,000 mg daily)

**Please use this with caution and call our office with additional questions or concerns.

Hemorrhoids

Preparation H Suppositories

Tucks

Witch Hazel pads

Nausea

Dramamine (do not take with Benadryl)

Ginger Root/Supplements

Peppermint (candy, tea, topical oil)

Sea Bands

Unisom (25 mg at bedtime) with Vitamin B6 (25 mg 4x daily)

Iron Deficiency

Iron 65 mg or Ferrous Sulfate 325 mg (every other day)

Vaginal Yeast

Monistat 7