

# FOX VALLEY WOMEN'S HEALTHCARE

## Specializing in Obstetrics & Gynecology

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## OVER THE COUNTER MEDICATION LIST

### CONSTIPATION

Effersyllium  
Metamucil / Citrucel  
Milk of Magnesia  
Dialose or Dialose Plus  
Colace  
Ducolax

### YEAST

Monistat

### COLD SYMPTOMS

Actifed  
Claritin  
Sudafed  
Robitussin DM (cough without congestion)  
Robitussin CF (cough with congestion)  
Dayquil  
Tylenol

### NAUSEA

Emetrol  
Vitamin B<sub>6</sub>

### EPIGASTRIC DISTRESS / INDIGESTION

Gaviscon (Tablets or Liquid)  
Mylanta or Mylanta II (Tablets or Liquid)  
Pepto Bismol  
Riopan  
Tums  
Maalox  
Gas-X  
Mylicon

### HEADACHE / BACKPAIN

Tylenol (*Regular or Extra Strength*)

### HIVES

Caladryl (Topical)  
  
Benadryl

### VITAMINS

Those prescribed by your health care provider

### CALCIUM SUPPLEMENTS

Supracal / Citracel  
Calcium Lactate  
Tums  
Calcitrol

### DIARRHEA

Kaopectate  
Imodium  
Donnagel

### HEMORRHOIDS

Preparation H  
Tucks  
Anusol

When using the above medications, remember that moderation is best. Use medications per manufacturer's directions. If your symptoms persist, call your health care provider.

**Do not take any other medications, unless** approved or prescribed by your health care provider.  
(Other than the medications listed above)

**NO Aspirin, Nuprin or Motrin** is allowed during your pregnancy, **unless** it is prescribed by your healthcare provider.