

PEACHTREE WOMEN'S SPECIALISTS, P.C.

Obstetrics and Gynecology

Melissa Counihan, M.D.
James P. Ingvaldstad, MD
Helen McSwain, M.D.
Lillian Schapiro, MD

Bonita Dozier, M.D.
James Knoer, M.D.
Archie Roberts, M.D.

PREGNANCY SAFE MEDICATIONS

Antihistamines

- Actifed
- Benadryl
- Claritin
- Claritin-D
- Chlor-Trimeton-D
- Chlor-Trimeton-DM
- Sudafed*
- Zyrtec and Zyrtec-D

* Georgia law now requires that Sudafed be requested from the pharmacist, even though it is not a prescription medication.

Cough

- Robitussin
- Robitussin DM
- Robitussin PE*
- You may take any cough drop

*DO NOT use if taking Sudafed or Brethine/Terbutaline.

Calcium Supplement

- Tums EX- two tablets twice daily
- Viactiv

Constipation

- Colace
- Fibercon
- Konsyl
- Metamucil
- Milk of Magnesia
- Perdiem

Increase dietary roughage, bran, dark green leafy vegetables and fruits. Drink eight to ten glasses of water daily.

Decongestants*

- Sudafed
- Sudafed Sinus
- Sudafed Non-drying
- Actifed
- Tylenol Sinus
- Benadryl
- Doxylamine Succinate

*After the first trimester

PREGNANCY SAFE MEDICATIONS (Continued)

Dry Skin

- Cocoa Butter
- Eucerin Lotion
- Vitamin E Lotion

Fever

- Tylenol*
- Tylenol Extra Strength*

*DO NOT take more than 12 tablets of Regular Strength Tylenol in 24 hours and no more than 6 tablets of Extra Strength Tylenol in 24 hours.

Gas

- Mylicon
- Mylanta GAS
- Phazyme
- Mylanta Antacid/Anti-gas

Hemorrhoids

- Preparation H
- Colace
- Annusol Suppository/Ointment (With or without Cortisone)

Increase dietary roughage, bran, dark green leafy vegetables and fruits. Increase the amount of water your drink daily.

Heartburn

- Gaviscon
- Maalox
- Mylanta
- Tums
- Pepcid Complete
- Rolaids
- Zantac

Iron Supplements

- Ferro-Sequels
- Ferancee HP
- Slow Fe
- Slow-Fe with Folic Acid

Itching

- Benadryl Ointment
- Caldaryl Lotion
- Hydrocortisone Anti-Itch Ointment
- Cortaid

Nasal Spray

- Ocean and Nasal Mist - may use as needed
- Afrin*

*Do NOT use more than THREE days

PREGNANCY SAFE MEDICATIONS (Continued)

Nausea

- Emetrol
- Relief Band
- Sea Bands
- Vitamin B6 (25mg three times daily)
- Unisom (one 12.5mg tablet daily) together with Vitamin B6

Pain

- Tylenol*
- Tylenol Extra Strength*

*DO NOT take more than 12 tablets of Regular Strength Tylenol in 24 hours and no more than 6 tablets of Extra Strength Tylenol in 24 hours.

Poison Ivy

- Nutech Wash
- Caladryl Lotion*
- Ivy Dry*
- Benadryl lotion or cream for itching*

*Clean affected area with soap and then apply medication to prevent the spread of poison ivy

Diarrhea: Immodium AD

Sore Throat

- Chloraseptic Oral Strips
- Chloraseptic Spray
- Sucrets or other throat lozenges

Expectorants: Mucinex

Sleep

- Benadryl-25mg
- Tylenol PM-only occasionally*

*Do not use on a daily basis

Yeast

- Femstat 3
- Gynelotrimin Cream
- Monistat 3 or 7 Cream/Suppository

We are honored that you have chosen us for your obstetrical care. Please call us if you have any questions.

OTHER FREQUENTLY ASKED QUESTIONS

Dental Procedures

Your dentist may use Lidocaine injections, but you may not receive nitrous oxide gas. Tell your dentist that you are pregnant prior to any procedures. If you usually take antibiotics prior to any procedures continue to do so. You may take Amoxicillin or Clindamycin or call our office for other meds. You may have dental x-rays with an abdominal lead shield if necessary.

Sun Screen: Use SPF 30 or higher

Insect Repellant: OK to use.

Travel

You may travel up to 36 weeks of pregnancy as long as your doctor has not put you on any restrictions. Check with your individual air carrier or cruise line regarding traveling during pregnancy. Empty your bladder frequently and stretch frequently when traveling.

Miscellaneous

No studies have been done indicating that the following procedures have an adverse effect on fetal development:

- Teeth whitening
- Artificial Nails
- Hair Color - after first trimester (12 weeks)

We are honored that you have chosen us for your obstetrical care. Please call us if you have any questions.

Buckhead

275 Collier Road, Suite 250
Atlanta, GA 30309

Vinings

3020 Paces Mill Road, Suite 225
Atlanta, GA 30339

Office: (404)355-1285

Fax: (404)351-5840