

Mestemacher Clinic for Women

A Division of

Memphis Obstetrics and Gynecological Association, P.C.

OVER-THE-COUNTER MEDICATIONS APPROVED FOR USE DURING PREGNANCY AND LACTATION

ANTACIDS

Maalox
Mylanta
Phazyme
Mylicon
Digel
Tums
Rolaids
Riopan
Riopan+
Prevacid
Zantac
Prilosec

DIARRHEA

Pepto-Bismol
Donnagel
Kaopectate
Immodium

NAUSEA**

Ginger Ale
Emetrol
Dramamine
Vitamin B6
Wrist Bands
(Sea Sickness)

INSOMNIA

Unisom (Doxylamine)
Benadryl
Tylenol PM

HEADACHE

Tylenol

SORE THROAT

Saline Gargle
Sucrets
Lozenges

VAGINAL IRRITATION

Cortisone

VITAMINS

Prenatal + DHA
2 Adult Gummies
2 Flintstones

YEAST INFECTIONS

Monistat – 7
Gyne-Lotrimin
Mycelex
Clotrimazole

COUGH

Robitussin DM
Chloraseptic
Cough Drops
Mucinex DM
Delsym

CONSTIPATION

Milk of Magnesia
Miralax
Dulcolax
Docusate Sodium
(Colace, Dialose, Dialose+)
Glycerin Suppositories
Doxidan
Metamucil
Fibercon
Senekot, Senekot S
Fleet Enema
Peri-Colace

HEMORRHOIDS

Preparation H
Anusol 1%
Tucks

ANTI-HISTAMINES / SINUS**

Benadryl
Saline Nasal Spray
Sudafed
Mucinex
Zyrtec
Claritin
Allegra

***May cause drowsiness. Use in moderation.*

Dr. Mestemacher's phone number is (901) 624-4444.
My pharmacy phone number is _____.