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| Over-The-CounterDrugs Allowed In pregnancy  |
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| This is a list of some over-the-counter medicines that can be used in pregnancy for the following symptoms or problems. If your symptoms do not improve after a few days, please contact the office and speak to our triage nurse (ext. 324) or a provider. |
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| HEARTBURN-AGRURAS | Constipation-estrenimiento |
| Mylanta | Colace (Docusate) |
| Tums | Dulcolax (Bisacodyl) |
| Maalox/Maalox Plus | Extra Gentle Ex-Lax |
| Rolaids | Milk of Magnesia (Magnesium Hydroxide) |
| Tagamet (Cimetidine) | Fiber Supplements (Metamucil, Citrucel, FiberCon) |
| Pepcid (Famotidine) | Senokot |
| Zantac (Ranitidine) |  |
| Prilosec (Omeprazole) |  |
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| GAS PAINS-GASTIRITS | DIARRHEA |
| Mylicon | Imodium (Loperamide) |
| Gas-X (Simethicone) | Imodium Advanced (Loperamide + Simethicone) |
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| COLD SYMOPTOMS- CONGESTION | ALLERGIES-ALLERJIAS |
| Sudafed (Pseudoephedrine)-after the first  | Claritin, Alavert (Loratadine) |
| trimester (if NO high blood pressure) | Diphenhydramine (Benadryl) |
| Sudafed PE (Phenylephrine)-after the first trimester | Tavist (Clemastine) |
| (if NO high blood pressure) | Zyrtec (cetirizine) |
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| COLD SYMPTOMS-COUGH-TOS | HEMORRHOIDS-ALMORRANAS |
| Robitussin/Mucinx (Guaifenesin) | Anusol Ointment (Pramoxine) |
| Robitussin DM/Mucinex DM | Tucks (Witch Hazel) |
|  | Preparation H (hydrocortisone) |
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| Itching-Comeson De Piel | YEAST INFECTION-HONGO VAGINAL |
| Hydrocortisone Cream/Ointment (1%) | Gyne-Lotrimin (Clotrimazole) |
| Benadryl Cream/Ointment (1-2%) | Monistat (Miconazole) |
| Calamine Lotion | Mycostatin (Nystatin) |
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| NAUSEA | INSOMNIA |
| Vitamin B6 | Benadryl (Diphenhydramine) |
| B-Natal | Tylenol PM |
| Unisom (With Doxylamine Succinate) | Unisom (with Doxylamine Succinate) |
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| HEADACHE-DELOR DE CABEZA |  |
| Tylenol (Acetaminophen) |  |
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