



Dr. Sudha Moola
MD FACOG
818 Magnolia Ave #102
Corona CA 92879

(951) 732 7834
drmoolaogbyn.com

MEDICATION LIST FOR OB PATIENTS

During pregnancy you must always remember ALL MEDICATIONS AND DRUGS can cross the placenta and get to the baby, therefore we recommend using natural remedies such as changes in diet or eating habits rather than medications if possible.

It is very normal for you to experience various discomforts during pregnancy. Almost all women have some of the problems listed below. If your discomforts are very bothersome or severe, you may take the following medications without needing to contact the office.

- NAUSEA & VOMITING - **UNISOM/ DOXYLAMINE - (TABS ONLY)**
- HEADACHES, FEVER, BODY ACHES - **TYLENOL ONLY**
- COLDS OR ALLERGIES - **CHLORTRIMENTON, CLARITIN, SUDAFED, OR BENADRYL**
- COUGH AND CONGESTION - **ROBITUSSIN DM**
- CONSTIPATION - **COLACE, CITRUCEL OR METAMUCIL** - DRINK PLENTY OF FLUIDS AND CONSUME PRUNE PRODUCTS.
- HEARTBURN AND INDIGESTION - **NEXIUM, PRILOSEC, MYLANTA OR TUMS**
- DIARRHEA - **IMMODIUM** CALL THE OFFICE IF PRESENT FOR MORE THEN 12 HOURS
- FLUID INTAKE IS VERY IMPORTANT!!
- **HELPFUL HINTS FOR MORNING SICKNESS:**

EAT SMALL FREQUENT LIGHT FOODS. DO NOT DRINK FLUID FOR 30 MINUTES AFTER YOU EAT, AND YOU MAY TRY VITAMIN B6-100MG THREE TIMES A DAY. NOTIFY THE OFFICE IF YOUR TEMPERATURE IS 101 DEGREES OR GREATER, OR IF SYMPTOMS PERSIST.

TAKE ALL THE MEDICATIONS IN MODERATION. STOP TAKING MEDICATION AND CALL THE OFFICE IF THERE ARE ANY SIGNS OF AN ALLERGIC REACTION SUCH AS RASHES OR ITCHING. YOU MUST CONSULT WITH US BEFORE TAKING ANY OTHER MEDICATIONS.