



OB/GYN Associates of Lancaster, Inc.

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PRENATAL CHECK LIST

You may take these over the counter (non-prescription) medications:

1. Tylenol (Acetaminophen) for headaches, fever or for other aches and pains.
2. Chlor-Trimeton (Chlorpheniramine) 2mg or 4mg every 4 hours as needed, or Vick's Vapor Rub (external use only) for cold symptoms.
NO SUDAFED (PSEUDOEPHEDRINE)
3. Claritin (Loratadine) 10mg or Benadryl (Diphenhydramine) 25 mg for allergies, Zyrtec is okay too.
4. Saline nasal spray for nasal congestion or stuffiness. You may use Afrin (Oxymetazoline) nasal spray if the saline does not work.
5. Robitussin Plain (Guaifenesin) for cold and cough symptoms. You may use Dextromethrophan ONLY IF GUIAFENESIN FAILS.
6. Cepacol throat lozenges for sore throat.
7. Emetrol, Ginger Chews, Pops, B-natal TheraPops, Unisom (doxylamine) and Vitamin B6 for Nausea and Vomiting.
8. Imodium for diarrhea. ****NO PEPTOBISMOL OR KAOPECTATE****
9. Metamucil or FiberTabs for constipation, plus lots of water.
10. Maalox, Tums, Mylanta or Gaviscon for heartburn. ONLY IF THE ANTACIDS DO NOT WORK, you may try Zantac or Pepcid. ****NO PEPTOBISMOL****
11. For a yeast infection, Monistat 7 can be used.
12. For hemorrhoids, you may use Preparation H, Tucks medicated wipes and dermaplast spray

You may lift up to 50 pounds as long as the pregnancy remains uncomplicated.

****PURCHASE A THERMOMETER**** and take your temperature BEFORE you call the office if you are not feeling well or are in pain. Notify our office if your fever is 100.4 or greater.

Eat 6 small meals a day instead of 3 full meals. Do not overload your stomach. Be sure to include plenty of fresh fruits and vegetables as well as whole grains in your daily meals.

Drink plenty of fluids, such as milk and juices, but **ESPECIALLY WATER**. A total of 8-10 glasses a day is recommended. Refrain from pop, caffeine and **ALCOHOL**.

****IF YOU SMOKE, QUIT!!****