



M. Catherine Slusher, MD  
Stephanie Scheidt, MD  
Danielle Wells, FNP  
Eleanor Colmenares, CNM

LaDene King, MD  
Daniel Weinberg, MD  
Shannon Ikenberry, WHNP  
Kimberly Kelstone, CNM

Bryan Maxwell, DO  
Sherry Mongold, FNP  
Whitney Eberly, FNP  
Bree Moses, CNM

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Our providers offer medications and other treatments to our patients experiencing discomfort during pregnancy. Our obstetricians can recommend this list of over-the-counter, non-prescription medications, and treatments that may be used to relieve these discomforts. Please call our office to address any questions/concerns before taking any of the following medications:

**\*= Safe throughout pregnancy. All other medications are ONLY safe AFTER 12 weeks gestation.**

**Nausea:** Vitamin B6\*, Emetrol, Sea Bands, Unisom\*(causes drowsiness)

**Constipation:** Senokot, Metamucil, Milk of Magnesia, Pericolace (Dolcusate, Sodium), Colace\*

**Cold/Sinus Discomfort:** Tylenol Cold/Sinus (Sudafed, Actifed after 1<sup>st</sup> trimester and no blood pressure problems), Robitussin, Lozenges, cool mist vaporizer, Claritin, Zytrec

**Headache/General Discomforts:** Tylenol\* (regular or extra strength), heating pad

**Hemorrhoids:** Preparation H, Anusol HC, Tucks Pads, Witch Hazel Pads

**Yeast Infection:** Monistat-7, Gyne-Lotrimin (both may be used internally), Clotrimazole, Miconazole

**Heartburn:** Mylanta, Tums\*, Maalox, Rolaids (Zantac, Pepcid after 1<sup>st</sup> trimester)

**Diarrhea:** Imodium, Ginger ale, rice, bananas until symptoms clear

**Skin Lesions, Rashes, Cuts, Abrasions:** Neosporin ointment and Calamine lotion

**Leg Cramps:** Increase dietary magnesium, magnesium supplement twice daily until symptoms are relieved, then once daily. Increase dietary calcium, half strength Gatorade, orange juice, bananas

**DO NOT TAKE THE FOLLOWING MEDICATIONS:** Pepto Bismol, Aspirin, Aleve, Ibuprofen, Advil, Naproxin, NyQuil.

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2291 Evelyn Byrd Avenue  
Harrisonburg, Virginia 22801  
540.434.3831  
www.harrisonburgobgyn.com