



Texas Tech  
Physicians  
of ABILENE

# SAFE OVER-THE-COUNTER MEDICINES FOR PREGNANCY

1857 Pine Street, Suite 100  
Abilene, Texas 79601  
670-2678

Clinic Hours:  
8 a.m. - 5 p.m.  
Monday - Friday

## Tylenol or Extra Strength Tylenol as directed

## Congestions, cold symptoms, sinus syndrome

Sudafed after 1st 3 months

Chlortrimeton

Actifed after 1st 3 months

Benadryl

## Sore Throat

Cepacol

Chloraseptic

## Cough

Robitussin

Benylin

## Indigestion / Heartburn

Maalox

Mylanta or Mylanta II

Rolaids or Tums

## Diarrhea of 1 – 2 days only

Donnagel

## Constipation

Fiber Con

Metamucil

Doxidan

Surfac



\*For any fever over 100.6, please call the clinic at 670-2678.

\*\*If symptoms persist after trying any of the above medicines, please call the clinic.