

DR BETTY JO DULANEY

office 901-309-6745 after hours 901-844-3530

night and weekend call is shared with

Dr Tanja Todd, Dr Kristin Miller, Dr Laura Engbretson

MEDICATIONS YOU MAY TAKE DURING PREGNANCY

ANTACIDS

Gaviscon
Maalox
Mylanta
Pepcid
Tums
Zantac

LAXATIVES

Colace
Fibercon
Metamucil
Miralax
Senokot

DIARRHEA/GAS

Buttermilk
Imodium ad
Kaopectate
Pepto-Bismol
Mylicon gas drops
Gas-x

NAUSEA

Phenergan (rx)
Reglan (rx)
Zofran (rx)
Vitamin B6

ANTIBIOTICS

Keflex (rx)
Z-pak (rx)
Flagyl (rx)
Amoxicillin (rx)

SLEEP

Ambien (rx)
Benadryl
Tylenol pm
Unisom

PAIN/HEADACHES

Tylenol
Fioricet (rx)
Bengay (sparingly)

HEMORRHOIDS

Analpram (rx)
Anusol
Preparation H
Tucks pads

COLDS/COUGH

Actifed
Claritin plain
Deconamine SR (rx)
Flonase NS
Medent LD
Robitussin
Saline NS
Sudafed
Tessalon Perles (rx)
Tylenol cold/sinus
Zyrtec plain
Mucinex
Nasonex
chloraseptic

YEAST INFECTION

Terazol 3 (rx)
Diflucan (rx)
Gynecort 10
Gyne-Lotrimin
Monistat

Don't take unless instructed by Dr Dulaney

Advil
Aleve
Allegra
Ibuprofen
Motrin

DR DULANEY NO NO'S

No alcohol
No smoking
Limit fish with mercury (tuna, etc)
Do not change cat litter box
Do not eat unpasteurized foods (cheeses and meats)
No hot tub or spa type baths w/ temp over 101
Limit caffeine to once a day
Cured Lunch Meat (Salami)

WALKING AND SWIMMING ARE GREAT EXERCISE!!!!

WHEN TO CALL

If you are 24-34 weeks, call if contractions are lasting 1 minute and occur 4 times per hour, bleeding, leaking, or decrease in fetal movement

If you are 34-40 weeks, call if contractions are coming and going every 5 minutes for at least an hour, bleeding, leaking, or decrease in fetal movement