DR BETTY JO DULANEY

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

night and weekend call is shared with
Dr. Laura Engbretson, Dr. Kristin Miller, Dr. Shannon Reidley-Malone

MEDICATIONS YOU MAY TAKE DURING PREGNANCY

ANTACIDS	**LAXATIVES**	**DIARRHEA/GAS**	**NAUSEA**	**HEMORRHOIDS**
Gaviscon	Colace	Buttermilk	Phenergan (rx)	Analpram (rx)
Maalox	Fibercon	Imodium ad	Reglan (rx)	Anusol
Mylanta	Metamucil	Kaopectate	Zofran (rx)	Preparation H
Pepcid	Miralax	Pepto Bismol	Vitamin B6	Tucks pads
Tums	Senokot	Mylicon gas drops		
Zantac		Gas-x		

ANTIBIOTICS	**SLEEP**	**PAIN/HEADACHES**	**YEAST INFECTION**	**DO NOT TAKE UNLESS DR DULANEY APPROVES**	
Keflex (rx)	Ambien (rx)	Tylenol	Terazol 3 (rx)		
Z-pak (rx)	Benadryl	Fioricet (rx)	Diflucan (rx)	Advil	Aleve
Flagyl (rx)	Tylenol pm	Bengay (sparingly)	Gyne-Lotrimin	Motrin	Allegra
Amoxicillin (rx)	Unisom		Monistat 3 day	Ibuprofen	
			Gynecort 10	TB skin test	

COLDS/COUGH

		DR DULANEY NO NO'S
Actifed	Sudafed	No alcohol
Claritin plain	Tessalon Perles (rx)	No smoking
Tylenol cold/sinus	Deconamine SR (rx)	Limit fish with mercury (tuna, etc)
Zyrtec plain	Saline NS	Do not change cat litter box
Flonase NS	Mucinex	Do not eat unpasteurized foods
Medent LD	Nasonex	Limit caffeine to once a day
Robitussin	chloraseptic	No hot tub or spas w/temp over 101

WALKING AND SWIMMING ARE GREAT EXERCISE!!!!!

After the 20th week of pregnancy, any pregnancy/baby related issues should be handled at the Labor & Delivery department of the hospital where you are going to deliver. An emergency situation, (broken bone) that is not related to the pregnancy/baby should be handled at the regular emergency room.

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