



# POPLAR AVENUE CLINIC, PLLC

Women's Health • GYN Oncology •  
Pelvic Surgery

 GynInfo@gyn-md.com

 901-300-6713

 6584 Poplar Ave Suite 400  
Memphis, TN 38138

 www.GYN-MD.com

## OB DOCTORS

**Dr. Sharma**

**OFFICE: 901-763-0833**

**LOCATION: 6005 Park Ave STE 310, Memphis TN 38119**

**HOSPITALS: ST. Francis park**

**Dr. Ali**

**OFFICE: 901-747-1234**

**LOCATION: 6215 Humphreys Blvd Ste 100 Memphis, TN 38120**

**HOSPITALS: Baptist Women's**

**Regional One Health**

**OFFICE: 901-515-3700**

**LOCATION: 8800 Madison Ave (3<sup>rd</sup> floor) Memphis, TN 38103**

**HOSPITALS: Reginal One Hospital**

**Dr. Amina Daffala**

**OFFICE: 901-261-2083    FAX: 901-509-2937**

**LOCATION: 6005 Park Ave STE 310, Memphis TN 38119**

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The following over-the-counter medications (brand names in CAPS, generic in parentheses) are considered to be safe during pregnancy and when breastfeeding. If the problem persists despite use of these medications, or if you have a fever over 100.4, please call the office to reach the physician on call.

## NAUSEA

- **Vitamin B6**-50mg twice a day
- **UNISOM** (Doxylamine Succinate)- ½ tablets every 6 hours as needed - MAY CAUSE DROWSINESS
- **Ginger 250mg** 4 times a day

## HEADACHES:

- **TYLENOL** (Acetaminophen) – regular or extra strength, as directed on the package

**DO NOT USE ANY ASPIRIN, ADVIL, MOTRIN, ALEVE, OR IBUPROFEN PRODUCTS**

## COLD AND SINUS CONGESTION

- **TYLENOL PLUS COLD AND ALLERGY**
- **SUDAFED** (Pseudoephedrine 30mg) after 1<sup>st</sup> trimester or Chlortrimeton
- **AFRIN NASAL SPRAY** (Oxymetazoline Hydrochloride 0.05%)
  - **DO NOT USE FOR MORE THAN 3 CONSECUTIVE DAYS**
- **ZYRTEC**
- **BENADRYL** (Diphenhydramine HCT) 25 mg – MAY CAUSE DROWSINESS
- **VICKS VAPOR RUB**
- **SALINE NASAL DROPS**
- **HALLS LOZENGES**

## COUGH

- **ROBITUSSIN COUGH SYRUP** (Guaifenesin) or DM formula (Guaifenesin or Dextromethorpan Hydrobromide Only)
- **ROBITUSSIN COUGH DROPS**

## DIARRHEA

- **KAOPLECTATE**
- **PEPTO BISMAL**,
- **IMMODIUM AD** (Loperamide Hydrochloride)

DRINK GATORADE OR PEDIALYTE TO KEEP FROM BECOMING DEHYDRATED

## CONSTIPATION

- **COLACE**
- **MILK OF MAGNESIA**
- **METAMUCIL**
- **CITRUCEL OR FIBERCON**
- **GLYCERIN RECTAL SUPPOSITORIES**

## HEMORRHOIDS

- **ANUSOL** (Promoaxine HCA 1%) ointment or suppositories
- **PREPARATION H** (Phenylephrine HCL 0.25%) cream, ointment, or suppositories
- **TUCKS** (Witch Hazel)
- **Sitz bath** and maintain adequate fiber and fluids in diet to keep stools soft

## HEARTBURN/UPSET STOMACH

- **MAALOX**
- **MYLANTA**
- **TUMS**
- **PEPCID**
- **MYLICON** (for gas)

## VAGINAL YEAST INFECTION

- **MONISTAT** vaginal cream or suppository