

Common Medications Safe in Pregnancy

Indicates medications that are ok after 1st trimester only.

Acne Benzoyl Peroxide – OTC Clindamycin Topical Erythromycin Salicylic Acid – OTC AVOID: Accutane Retin-A Tetracycline Minocycline	Antibiotics Ceclor Cephalosporins E-mycins Keflex Macrobid/Macroclantin Penicillin Zithromax AVOID: Tetracycline Minocycline Ciprofloxacin	Colds/Allergies Benadryl, Claritin, Zyrtec Claritin-D** Chlor-Trimeton, Dimetapp Drixoral-Non-Drowsy Mucinex (guaifenesin) Sudafed**/Sudafed-12 Hour** Sudafed PE Pseudoephedrine** Tylenol Cold & Sinus** Vicks Vapor Rub **AVOID if Problems With Blood Pressure
Diarrhea Kaopectate Imodium AD AVOID: Peptobismol	Cough Cough Drops Robitussin (plain & DM)	Crab/Lice RID AVOID: Kwell
Constipation Colace, Miralax, Senokot Dulcolax Suppository Fibercon, Metamucil Increase Fiber Rich Foods Fiber One bars	Headaches Cold Compress Tylenol (Regular or Extra Strength) Acetaminophen Limit to 4,000 mg within 24 hours	Heartburn (Avoid lying down for at least 1 hour after meals) Aciphex, Maalox, Mylanta, Pepcid, Milk of Magnesia Pepcid Complete Prevacid, Prilosec, Rolaids Zantac Tums (limit 4/day)
Gas Gas-X Mylicon Phazyme	Herpes Acyclovir Famvir Valtrex	Leg Cramps Benadryl
Hemorrhoids Anusol/Anusol H.C. (RX: Analapram 2.5%) Hydrocortisone OTC Preparation H, Tucks Vaseline lotion applied to tissue	Nausea Vitamin B6 50mg twice daily Unisom 1/2 - 1 tablet at bedtime Tylenol PM at bedtime Dramamine, Emetrol Ginger Root 250mg 4 times daily Sea Bands - Acupressure	Pain Tylenol, Flexeril Lortab** **Narcotic medications should only be used when prescribed for a legitimate medical problem by a doctor for a short period of time.
Nasal Spray Saline Nasal Spray Flonase	Sleep Aids Ambien, Benadryl Chamomile Tea Unisom, Tylenol PM Warm milk-add vanilla or sugar for flavor	Throat Cepacol Cepastat Salt Water Gargle w/ warm water Throat Lozenges
Rash Benadryl 1% Hydrocortisone Cream Zyrtec	Tooth Pain Oragel	Yeast Infection Gyne-lotrimin, Monistat-3 Terazol-3 Avoid 1 Day Creams