

## Safe Medications During Pregnancy

Please call our office with any medication concerns and before taking any medications that were not previously discussed at your office visit, or are not listed below. *Prenatal vitamins and iron are safe during pregnancy. In general, herbal remedies and supplements other than prenatal vitamins are not recommended since they are not FDA approved and have not been tested in pregnant women. Please discuss any herbal remedies or supplements with your provider before use in pregnancy.*

**Although we encourage our prenatal patients to avoid all medications whenever possible, the below over-the-counter drugs seem to be safe for use in pregnancy. The following list has been prepared for your convenience. Please notify our office if symptoms have not improved within 3 days of usage (excluding: prenatal vitamins and iron)**

- Allergies or Reactions: Benadryl
- Back pain: Tylenol, Bengay, thermacare
- Colds and Allergies: Chlortrimeton, Benadryl, Sudafed (not in first trimester or if high blood pressure), Benadryl Sinus, Claritin, Tavist, Zyrtec. Nasalcrom , Rhinocort, Flonase
- Congestion/runny nose: Sudafed (not in first trimester or if high blood pressure), Ocean Mist Nasal Spray, Nasalcrom, Rhinocort, Flonase, Vicks VapoRub
- Constipation: Colace, Milk of Magnesia, Metamucil, Fibercon, Lactulose (Generlac), Dulcolax. MiraLAX only for severe cases (when others mentioned don't help)
- Cough: Delsym, Robitussin DM, Ceroxe DM-cough syrup for diabetics (sugar free)
- Diarrhea: Imodium AD
- Headache: Tylenol, Excedrin Migraine (OK in 1<sup>st</sup> and 2<sup>nd</sup> trimester) Extra-Strength Tylenol, (Motrin/Aleve: up to 28 weeks gestation, avoid in 1st trimester)
- Hemorrhoids: Preparation H, Anusol, Tucks Pads
- Insect Repellent: Non-DEET or lowest DEET (family) preparation
- Motion Sickness: Dramamine, Sea Bands
- Nausea: Ginger tea or capsules, Unisom (1/2 tablet AM with B6 50 mg & ½ tablet alone PM)
- Pediculosis: Nix
- Skin Rash/Poison Ivy: Calamine Lotion, Aveeno cream or bath, Benadryl, Zyrtec if severe
- Sleeping Aid: Tylenol PM, Benadryl, Unisom (short term)
- Sore Throat: Cepacol, Sucrets, Tylenol Liquid
- Stomach Irritation: Mylanta, Titrolac, Tums, Rolaids, Maalox, Pepcid, Tagamet, Gas X
- Sunburn: Topical Sunscreen Lotion, Aloe Vera Gel
- Vaginal Yeast/Irritation: Monistat, Gyne-Lotrimin, Vagisil