



MEDICATIONS IN PREGNANCY

Some medications are considered safe to take during pregnancy; the effects of other medications on your unborn baby are unknown. Therefore, it is very important to pay special attention to medications you take while you are pregnant, especially during the first trimester, a crucial time of development for your baby.

Check with your health care provider about prescription medications, and inform them of your pregnancy.

- Prenatal Vitamins are now available without a prescription, are safe to take during pregnancy.
- Ask your health care provider about the safety of taking other vitamins, herbal remedies and supplements during pregnancy.
- Most herbal preparations and supplements have not been proven to be safe during pregnancy.
- Do not take any over-the-counter medication unless it is necessary.
- Do not take Aspirin or Ibuprofen/Motrin during pregnancy.

The following medications and home remedies have no known harmful effects during pregnancy when taken according to the package directions.

Condition	Safe Medications to Take During Pregnancy*
Allergy	Benadryl, Claritin, Zyrtec
Cold and Flu	Tylenol (acetaminophen) or Tylenol Cold Warm salt/water gargle Saline nasal drops or spray Sudafed, Actifed, Dristan Mucinex Robitussin DM, Trind-DM, Vicks Cough Syrup, Romilar, Halls*

	*Do not take "SA" (sustained action) forms of these drugs or the "Multi-Symptom" forms of these drugs.
Constipation	Metamucil, or Citrucel Benefiber Fiberall/Fibercon Colace Milk of Magnesia Senekot Miralax
Diarrhea	<i>For 24 hours, only after 12 weeks of pregnancy:</i> Kaopectate Imodium
First Aid Ointment	Bacitracin J & J First-Aid cream Neosporin Polysporin
Headache	Tylenol (acetaminophen) - do not exceed 4000 mg per day
Heartburn	Maalox Mylanta Tums Riopan Titralac Gaviscon Pepsid AC and Zantac, only after 12 wks gestation
Hemorrhoids	Preparation H Anusol Tucks Witch hazel
Nausea and Vomiting	Vitamin B6 (pyridoxine) 25 mg tab q 6-8 hrs, (not to exceed 200 mg/day, including amount in Prenatal vitamins) Unisom (doxylamine) 25mg - ½ tab am & afternoon, and 1 tablet HS Sea Bands Emetrol (if not diabetic) Emetrex

	Ginger, ginger candy/gum, Ginger root 250 mg capsules 4x/day
Rashes	Benadryl cream Caladryl lotion or cream Hydrocortisone cream or ointment Oatmeal bath (Aveeno) All rashes should be evaluated by provider
Yeast Infection	Monistat <i>Do not insert applicator too far</i>
Sleep	Unisom (doxylamine) per label instructions or Benadryl 50 mg at bedtime

***Please Note: No drug can be considered 100% safe to use during pregnancy.**

Avoid these oral supplements: Arbor vitae, Beth root, Black cohosh, Blue cohosh, Cascara, Chaste tree berry, Chinese angelica (Dong Quai), Cinchona, Cotton root bark, Feverfew, Ginseng, Golden seal, Juniper, Kava kava, Licorice, Meadow saffron, Pennyroyal, Poke root, Rue, Sage, St. John's wort, Senna, Slippery Root, Tansy, White peony, Wormwood, Yarrow, Yellow dock, vitamin A (large doses can cause birth defects).

Avoid these aromatherapy essential oils: Calamus, mugwort, pennyroyal, sage, wintergreen, basil, hyssop, myrrh, marjoram, and thyme.

Patient Resources

Pregnancy Exposure Info Line “Mother To Baby” – (877) 311-8972, MotherToBaby.org

www.webMD.com, Medications in Pregnancy

www.Pregnancy.Healthguru.com (Video)

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