



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.

We recommend the following guidelines for medication use in pregnancy:

- Check with your health care provider about prescription medications and inform them of your pregnancy.
- Ask your health care provider about the safety of taking other vitamins, herbal remedies, and supplements during pregnancy.
- Prenatal Vitamins are available without a prescription and are safe to take during pregnancy. We recommend finding a prenatal vitamin with at least 400mcg of Folic acid and DHA.
- 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 Ibuprofen/Motrin during pregnancy.**

Avoid in Pregnancy

- Avoid these herbal 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.

Resources

MotherToBaby

- Evidence-based information on the safety of medications and other exposures during pregnancy and while breastfeeding
- Pregnancy Exposure Info Line: 877-311-8972
- MotherToBaby.org



Clinical References:

Lexicomp, 2022

UpToDate, 2022

Safe Medications by Condition in Pregnancy

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

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

Condition	Safe Medications
Allergy	<ul style="list-style-type: none"> • Benadryl (Diphenhydramine) • Claritin (Loratidine) • Zyrtec (Cetirizine) • Allegra (Fexofenadine) • Flonase (Fluticasone, nasal)
Cold and Flu	<p>Do not take "SA" (sustained action) forms of these drugs or the "Multi-Symptom" forms of these drugs.</p> <ul style="list-style-type: none"> • Warm Water / Salt Water Gargle • Saline Nasal Drops or Spray • Tylenol (Acetaminophen) <ul style="list-style-type: none"> ◦ Do not exceed 4000mg per day. • Tylenol Cold & Flu Severe (Acetaminophen, Dextromethorphan, Guaifenesin, Phenylephrine) • Sudafed (Pseudoephedrine) <ul style="list-style-type: none"> ◦ Avoid in first trimester. ◦ Avoid with high blood pressure. • Dristan (Oxymetazoline, nasal) <ul style="list-style-type: none"> ◦ Short term, acute use only. ◦ Avoid with high blood pressure. • Flonase (Fluticasone, nasal) • Mucinex (Guaifenesin) • Robitussin (Dextromethorphan) <ul style="list-style-type: none"> ◦ Robitussin DM (Guaifenesin and Dextromethorphan) • Vicks Cough Syrup • Halls Cough Drops (Menthol)



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Constipation	<ul style="list-style-type: none"> • Fiber Supplements: <ul style="list-style-type: none"> ○ Metamucil or Citrucel ○ Benefiber ○ Fiberall/Fibercon • Colace (Docusate) • Laxatives: <ul style="list-style-type: none"> ○ Milk of Magnesia (Magnesium Hydroxide) ○ Senekot (Senna) ○ Miralax (Polyethylene Glycol 3350)
Diarrhea	<p>For 24 hours, only after 12 weeks of pregnancy:</p> <ul style="list-style-type: none"> • Kaopectate • Imodium (Loperamide and Simethicone)
First Aid Ointment	<ul style="list-style-type: none"> • Bacitracin • J & J First-Aid cream • Neosporin • Polysporin
Headache	<ul style="list-style-type: none"> • Tylenol (Acetaminophen) <ul style="list-style-type: none"> ○ Do not exceed 4000mg per day.
Heartburn	<ul style="list-style-type: none"> • Maalox • Mylanta • Tums • Riopan • Titralac • Gaviscon • Pepsid AC (Famotidine) and Zantac (Ranitidine) <ul style="list-style-type: none"> ○ only after 12 wks gestation
Hemorrhoids	<ul style="list-style-type: none"> • Preparation H (Phenylephrine and Pramoxine) • Anusol (Hydrocortisone) • Tucks Pads • Witch Hazel
Nausea and Vomiting	<ul style="list-style-type: none"> • Vitamin B6 (pyridoxine) <ul style="list-style-type: none"> ○ Take 25mg tab every 6-8 hrs. Do not exceed 200mg per day, including amount in prenatal vitamin. • Unisom (doxylamine) <ul style="list-style-type: none"> ○ Take 25mg: ½ tab morning & afternoon, and 1 tablet at bedtime. • Sea Bands • Emetrol (Fructose, Dextrose, and Phosphoric Acid) <ul style="list-style-type: none"> ○ Not for use with diabetes • Ginger: ginger candy/gum, Ginger root 250 mg capsules 4x/day



Rashes	All rashes in pregnancy should be evaluated by your provider. <ul style="list-style-type: none">• Benadryl cream• Caladryl lotion or cream (Calamine)• Hydrocortisone cream or ointment• Oatmeal bath (Aveeno Colloidal Bath Treatment)
Yeast Infection	<ul style="list-style-type: none">• Monistat-7 (Miconazole)<ul style="list-style-type: none">○ Make sure to use <u>7 day treatment</u> only in pregnancy.
Sleep	<ul style="list-style-type: none">• Unisom (doxylamine) per label instructions• Benadryl 25 mg at bedtime