

Medication Use in Pregnancy

The following medications have been taken during pregnancy and have not been shown to cause birth defects. Even so, we recommend not using any medication unless necessary. If you take a medication routinely for a medical problem and are unsure about the medication, please contact our office prior to discontinuing that medication. Take all medications according to the manufacturers directions listed on the bottle unless otherwise directed by your physician.

- Antacids (Mylanta, Maalox, Pepcid AC, TUMS, Zantac)
- Antibiotics (Keflex, Macrochantin, Macrobid, Amoxicillin, Penicillin)
- Antihistamines (Allegra, Benadryl, Claritin, Chlor-Trimeton, Dimetapp, Tavist, Zyrtec)
- Antinausea medications (Phenergan, Zofran, Scopolamine patch)
- Blood Pressure medications (Nifedipine, Aldomet, Propanolol)
- Cough drops/lozenges/syrups (Cepacol, Herbal cough drops, Robitussin, Vicks)
- Decongestants (Actifed, Sudafed, Entex)
- Kaopectate
- Laxatives (Ducolax)
- Pain medications (Codeine, Vicodin)
- Nasal sprays (Afrin, Beclovent, Flonase, Nasonex, Neosynephrine, Saline, Ventolin)
- Pepto Bismol
- Stool Softeners (Colace, Citracel, Fibercon, Metamucil)
- Thyroid medicine (Synthroid, Thyroxine)
- Tocolytics to stop labor (Terbutaline)
- Tylenol (Extra-Strength, Regular)
- Yeast medications (Monistat, Gyne-Lotrimin, Femstat, Terazol)

Medications you should **NEVER** take during pregnancy includes: Acutane, Lithium, Tetracycline, Vibramycin, and Valproic Acid.

Though a small amount of alcohol may not cause harm, there is no known safe quantity. Therefore, we advise against any alcohol ingestion during pregnancy.

Smoking and using recreational drugs are dangerous to the pregnancy. They can cause growth retardation of the fetus, premature maturation of the placenta, which can cause fetal distress during labor, and abnormal separation of the placenta, which can cause fetal death or maternal hemorrhaging during labor.

Other medications may be safe or have minimal risk but should be discussed with your physician prior to taking the medication. Most fall into the “unknown category”. This means that there is no documentation of its safety during pregnancy.

Safe Medications in Pregnancy

The following medications may be taken safely during pregnancy. We recommend that you try non-drug treatments first. For example, if you have a headache, try lying down in a quiet, dark room. If you do not get relief, please use the following guidelines.

Cold/Sinuses

Tylenol Cold
Sudafed/Actifed
Saline nasal spray
Nasaicrom
Dristan
Breathe Right Strips

Allergies

Claritin
Zyrtec
Tylenol Allergy/Sinus
Chlor-Trimeton
Benadryl
Dimetapp
Tavist

Headache

Tylenol

Cough

Robitussin DM
Robitussin Plain
Dextromethorphan
Vicks Vapo Rub

Heartburn

Tagamet
Zantac
Pepcid
Tums/Roloids

Constipation

Fibercon
Metamucil
Fiberall
Dulcolax
Citracil

Indigestion

Tums/Roloids
Mylanta
Maalox

Diarrhea

Imodium
Kaopectate

Nausea

Vitamin B6
Unisom ½ tablet

Sore Throat

Halls Drops
Chloraseptic Spray
Cepacol
Sucrets

Yeast infection

Mycelex
Gyne-Lotrimin
Monistat 7-day

Hemorrhoids

Preparation H
Anusol Hc

Insomnia

Tylenol #3
Tylenol PM
Benadryl

Aches/Pains/Fever

Tylenol
Tylenol #3