

Medication Usage in Pregnancy

Now that you are pregnant, you may be wondering about what medications are safe to use. If you become ill and require medication, you must take something that is safe to use during pregnancy. The following is a list of medications that we feel are safe for you to use during pregnancy. If you are currently on any medications or would like to take a medication not on this list, please contact our office to make sure it is safe.

ACNE	Proactive, Clearasil, Salicylic Acid, Azelex RX, Erygel RX, Cleocin T RX, Clindagel RX
ALLERGY RELIEF	Benadryl, Claritin, Allegra, Alavert, Zyrtec, Chlor-Trimeton, Flonase RX, Nasacort RX <i>Use "plain" versions of above medications instead of "d"</i>
COMMON COLD AND HEAD CONGESTION	Sudafed (ok for 2nd and 3rd Trimester), Tylenol Sinus, Sinutab, Actifed, Zicam, Vicks Vapor Rub, Airborne Cold, Thera-Flu, Mucinex, Saline Nasal Spray, Neti Pot
COUGH	Robitussin (Plain or DM), Delsym, Cough Drops
CONSTIPATION	<div style="display: flex; justify-content: space-between;"> <div> Laxatives: Senokot Milk of Magnesia Miralax Fleets Enema </div> <div> Stool Softeners: Colace Metamucil Benefiber </div> </div> <i>Before trying medications, try to increase water, fluids and fiber daily. Prune juice, bran and roughage (fruits and leafy vegetables) may help. Increase physical activity such as walking. If no change, then try medication.</i>
DIARRHEA	Kaopectate, Imodium <i>Increase clear liquid intake and bland diet as tolerated. Avoid spicy and/or fried foods.</i>
FLU	Flu Shot, Tamiflu RX <i>It is safe and recommended to receive the flu shot in pregnancy. The nasal spray flu vaccine is NOT recommended.</i>
HEARTBURN/GAS	For heartburn: Maalox, Mylanta, Pepcid OTC, Tagamet, Rolaids, Tums, Zantac For gas: Gas X, Maalox Anti-Gas, Mylanta Gas, Mylicon <i>Eat light meals, avoid eating/drinking 3 hrs before bed. Elevate head of bed. Avoid spicy, acidic and/or fatty foods.</i>

HEMORRHOIDS	Preparation H, Tucks Medicated Pads, Anusol HC cream/suppositories RX <i>Warm sitz bath (soaking in a tub of warm water) and using Tucks pads instead of toilet tissue may help.</i>
INSOMNIA/DIFFICULTY SLEEPING	Unisom, Tylenol PM, Benadryl
MOTION SICKNESS	Dramamine
MOUTH SORES	Orajel
MUSCLE ACHES	Icy Hot Patches (not on the abdomen) Thermacare Patches (not on the abdomen)
NAUSEA	Emetrol, Dramamine, Sea Bands, Peggie Pops, Ginger tablets/drops, Vitamin B6 (25-50mg 2-3 times per day), Phenergan RX, Reglan RX, Zofran RX, Diclegis RX
PAIN/FEVER	Tylenol (Regular or Extra Strength), Excedrin Migraine (only up until 20 weeks gestation) <i>If fever, take temperature and call our office with a fever above 100.4 degrees</i> Do NOT take Motrin, Aspirin, Aleve, Advil or Anaprox
SORE THROAT	Sucrets, Cepacol (spray or lozenges) Chloraseptic (spray or lozenges), Warm salt water gargle
RASHES/BUG BITES	Cortaid, Lanacort, Benadryl (cream or tablets), Calamine Lotion, Aveeno Oatmeal Bath
YEAST INFECTIONS	Monistat, Gyne-Lotrimin <i>Avoid using in the first trimester. Use the longer systems (7 day treatment vs 1 or 2 day treatment)</i>

Antibiotics are commonly prescribed during pregnancy. Some antibiotics are ok to take during pregnancy, while others are not. Safety depends on various factors, including the type of antibiotic, when in your pregnancy you take the antibiotic, how much and for how long. Below is a sampling of antibiotics generally considered safe during pregnancy:

ANTIBIOTICS	Amoxicillin, Ampicillin RX Augmentin RX Clindamycin RX Erythromycin RX Keflex RX Macrobid RX Metronidazole RX Zithromax RX
--------------------	---

PREGNANCY MEDICATION LIST

It is recommended that you take NO MEDICATION during your first trimester unless medically indicated. This list is provided as a courtesy to our patients for safety considerations when taking medication while pregnant. As always, we recommend consulting your medical care provider before taking any new medications while pregnant.

Medication Name	1st Trimester 0-13 Weeks	2nd Trimester 14-28 Weeks	3rd Trimester 29-40 Weeks
ANTACIDS / REFLUX / UPSET STOMACH			
Plain Maalox, Mylanta, Tums, Roloids	Yes	Yes	Yes
Pepto-Bismol (bismuth subsalicylate)	No	No	No
Pepcid (famotidine)	Yes	Yes	Yes
Zantac (ranitidine)	Yes	Yes	Yes
Tagamet (cimetidine)	Yes	Yes	Yes
Aciphex (rabeprazole) Rx	Yes	Yes	Yes
Nexium (lansoprazole) Rx	Yes	Yes	Yes
Prevacid (pantoprazole) Rx	Yes	Yes	Yes
Prilosec (omeprazole)	Yes	Yes	Yes
Protonix Rx (pantoprazole) Rx	Yes	Yes	Yes
ANTIBIOTICS (all Rx)			
Amoxicillin, ampicillin Rx	Yes	Yes	Yes
Augmentin (amoxicillin +clavulanate) Rx	Yes	Yes	Yes
Bactrim (trimethoprin/ sulfamethoxazole) Rx	No	No	No
Cipro (ciprofloxacin), Levofloxacin (Levaquin) Rx	No	No	No
Clindamycin Rx	Yes	Yes	Yes
Doxycycline Rx	No	No	No
Erythromycin Rx	Yes	Yes	Yes
Keflex (cephalexin) Rx	Yes	Yes	Yes
Macrobid, Macrodantin (nitrofurantoin) Rx	Approval With Doctor	Approval With Doctor	Approval With Doctor
Metronidazole Rx	Yes	Yes	Yes
Tetracycline Rx	No	No	No
Zithromax (azithromycin) Rx	Yes	Yes	Yes
ANTI-DEPRESSANTS			
Discuss with provider/ NO Paxil (paroxetine)	No	No	No
ANTI-DIARRHEALS			
Imodium capsules (loperamide)	Yes	Yes	Yes
Kaopectate (bismuth subsalicylate)	No	No	No

PREGNANCY MEDICATION LIST

Medication Name	1st Trimester 0-13 Weeks	2nd Trimester 14-28 Weeks	3rd Trimester 29-40 Weeks
ANTI-EMETICS			
Doxylamine (Unisome sleep tabs)	Yes	Yes	Yes
Kytril (granisetron) Rx	Yes	Yes	Yes
Phenergan (promethazine)Rx	Yes	Yes	Yes
Reglan (Metoclopramide) Rx	Yes	Yes	Yes
Zofran (ondansetron)Rx	Yes	Yes	Yes
ANTIFUNGALS			
Diflucan (fluconazole) Rx	Yes	Yes	Yes
Gynazole 1 (butoconazole) Rx	No	Yes	Yes
Gyne-Iotrimin 3 or 7-day (clotrimazole)	No	Yes	Yes
Monistat 1-day (miconazole,ticonazole)	No	Yes	Yes
Monistat 3 or 7-day (miconazole)	No	Yes	Yes
ANTI-HISTAMINES / DECONGESTANTS / COUGH / COLD *			
Allegra (fexofenadine) Rx	Yes	Yes	Yes
Afrin nasal spray (oxymetazoline)	No	No	No
Benadryl (diphenhydramine)	Yes	Yes	Yes
Chlor-trimeton (chlorpheniramine)	Yes	Yes	Yes
Clarinet, Alavert (loratadine)	Yes	Yes	Yes
Cough Drops	Yes	Yes	Yes
Mucinex (guaifenesin)	Yes	Yes	Yes
Mucinex-D (guaifenesin+pseudoephedrine)	No	Yes	Yes
Phenylephrine	No	No	No
Rhinocort Aqua Rx	Yes	Yes	Yes
Robitussin Cough, Delsym (dextromethorphan)	Yes	Yes	Yes
Robitussin CF cough & cold (dextromethorphan + guaifenesin + phenylephrine)	No	No	No
Robitussin DM			
(dextromethorphan + guaifenesin)	Yes	Yes	Yes
Sudafed (pseudoephedrine)	No	Yes	Yes
Zicam	Yes	Yes	Yes
Zyrtec (cetirizine)	Yes	Yes	Yes
Robitussin DM			
(dextromethorphan + guaifenesin)	Yes	Yes	Yes
Sudafed (pseudoephedrine)	No	Yes	Yes
Zicam	Yes	Yes	Yes

PREGNANCY MEDICATION LIST

Medication Name	1st Trimester 0-13 Weeks	2nd Trimester 14-28 Weeks	3rd Trimester 29-40 Weeks
ANTIVIRALS			
Famvir (famcyclovir) Rx	Yes	Yes	Yes
Valtrex (valcyclovir) Rx	Yes	Yes	Yes
Tamiflu Rx	Yes	Yes	Yes
Zovirax (acyclovir) Rx	Yes	Yes	Yes
LAXATIVES / STOOL SOFTENERS			
Citrucel (methylecellulose powder)	Yes	Yes	Yes
Colace (docusate sodium)	Yes	Yes	Yes
Dulcolax Tablets (bisacodyl)	Yes	Yes	Yes
Lactulose Rx	Yes	Yes	Yes
Milk of Magnesia	Yes	Yes	Yes
Miralax (PEG)	Yes	Yes	Yes
Senokat (senna)	Yes	Yes	Yes
PAIN / FEVER			
Aleve (naproxen sodium)	No	Yes	No
Aspirin (81 mg)	Low Dose ONLY if REC	If Prescribed By Doctor	If Prescribed By Doctor
Motrin, Advil (ibuprofen)	No	Yes	No
Tylenol (acetaminophen)	Yes	Yes	Yes
Tylenol with codeine Rx	Recommended Dose ONLY		
TOPICAL CREAMS / OINTMENTS			
Benadryl, hydrocortisone, caladryl	Yes	Yes	Yes
Retin A	No	No	No

***Any decongestants ending in PE contain phenylephrine should NOT be taken during pregnancy. Most decongestants ending in D contain pseudoephedrine.**