**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.

<table>
<thead>
<tr>
<th>Condition</th>
<th>Safe Medications</th>
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<tbody>
<tr>
<td><strong>ACNE</strong></td>
<td>Proactive, Clearasil, Salicylic Acid, Azelex RX, Erygel RX, Cleocin T RX, Clindagel RX</td>
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<tr>
<td><strong>ALLERGY RELIEF</strong></td>
<td>Benadryl, Claritin, Allegra, Alavert, Zyrtec, Chlor-Trimeton, Flonase RX, Nasacort RX</td>
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<td></td>
<td><em>Use “plain” versions of above medications instead of “d”</em></td>
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<tr>
<td><strong>COMMON COLD AND HEAD CONGESTION</strong></td>
<td>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</td>
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<tr>
<td><strong>COUGH</strong></td>
<td>Robitussin (Plain or DM), Delsym, Cough Drops</td>
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<td><strong>CONSTIPATION</strong></td>
<td>Laxatives: Senokot, Milk of Magnesia, Miralax, Fleets Enema</td>
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<td>Stool Softeners: Colace, Metamucil, Benefiber</td>
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<td><em>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.</em></td>
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<td><strong>DIARRHEA</strong></td>
<td>Kapectate, Imodium</td>
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<td><em>Increase clear liquid intake and bland diet as tolerated. Avoid spicy and/or fried foods.</em></td>
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<tr>
<td><strong>FLU</strong></td>
<td>Flu Shot, Tamiflu RX</td>
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<td><em>It is safe and recommended to receive the flu shot in pregnancy. The nasal spray flu vaccine is NOT recommended.</em></td>
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<tr>
<td><strong>HEARTBURN/GAS</strong></td>
<td>For heartburn: Maalox, Mylanta, Pepcid OTC, Tagamet, Rolaid, Tums, Zantac</td>
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<tr>
<td></td>
<td>For gas: Gas X, Maalox Anti-Gas, Mylanta Gas, Mylicon</td>
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<td><em>Eat light meals, avoid eating/drinking 3 hrs before bed. Elevate head of bed. Avoid spicy, acidic and/or fatty foods.</em></td>
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</tbody>
</table>
| HEMORRHOIDS                  | Preparation H, Tucks Medicated Pads, Anusol HC cream/suppositories RX  
|                            | *Warm sitz bath (soaking in a tub of warm water) and using Tucks pads instead of toilet tissue may help.* |
| 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, Preggie 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)  
|                            | *If fever, take temperature and call our office with a fever above 100.4 degrees*  
|                            | 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  
|                            | *Avoid using in the first trimester. Use the longer systems (7 day treatment vs 1 or 2 day treatment)* |

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:

<table>
<thead>
<tr>
<th>ANTIBIOTICS</th>
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<tbody>
<tr>
<td>Amoxicillin, Ampicillin RX</td>
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<tr>
<td>Augmentin RX</td>
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<tr>
<td>Clindamycin RX</td>
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<tr>
<td>Erythromycin RX</td>
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<tr>
<td>Keflex RX</td>
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<tr>
<td>Macrobid RX</td>
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<tr>
<td>Metronidazole RX</td>
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<td>Zithromax RX</td>
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