



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	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Laxatives:</td> <td style="width: 50%;">Stool Softeners:</td> </tr> <tr> <td>Senokot</td> <td>Colace</td> </tr> <tr> <td>Milk of Magnesia</td> <td>Metamucil</td> </tr> <tr> <td>Miralax</td> <td>Benefiber</td> </tr> <tr> <td>Fleets Enema</td> <td></td> </tr> </table> <p><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></p>	Laxatives:	Stool Softeners:	Senokot	Colace	Milk of Magnesia	Metamucil	Miralax	Benefiber	Fleets Enema	
Laxatives:	Stool Softeners:										
Senokot	Colace										
Milk of Magnesia	Metamucil										
Miralax	Benefiber										
Fleets Enema											
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, 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) <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
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