

**AAMG Annapolis OB-GYN  
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 the list, please contact our office to make sure it is safe. You can reach us at 410-573-9530 or send us a message through MyChart!

<b>ACNE</b>	Proactive, Clearasil, Salicylic Acid, Benzoyl Peroxide, Azelex RX, Erygel RX, Cleocil T RX, Clindagel RX												
<b>ALLERGY RELIEF</b>	Benadryl, Claritin, Allegra, Alavert, Zyrtec, Chlor-Trimeton, Xyzal, Flonase, Nasacort, Rhinocort Nasal Spray <i>Use "plain" versions of above medications instead of "D"</i>												
<b>COMMON COLD AND HEAD CONGESTION</b>	Sudafed without PE (OK for 2 <sup>nd</sup> and 3 <sup>rd</sup> trimester), Tylenol Sinus, Sinutab, Actifed, Zicam, Vicks Vapor Rub, Airborne Cold, Thera-Flu, Mucinex, Saline Nasal Spray, Neti Pot, Emergen-C  <i>**Avoid Phenylephrine in 1<sup>st</sup> trimester</i> <i>**Patients with high blood pressure should avoid phenylephrine and pseudoephedrine</i>												
<b>COUGH</b>	Robitussin (Plain or DM), Delsym, Cough Drops, Albuterol (with rx from MD)												
<b>CONSTIPATION</b>	<table border="0"> <tr> <td><b>Laxatives:</b></td> <td><b>Stool Softners:</b></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>Dulcolax</td> </tr> <tr> <td></td> <td>Citrucel*</td> </tr> </table> <i>Before trying medication, 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>	<b>Laxatives:</b>	<b>Stool Softners:</b>	Senokot	Colace	Milk of Magnesia	Metamucil*	Miralax	Benefiber	Fleets Enema	Dulcolax		Citrucel*
<b>Laxatives:</b>	<b>Stool Softners:</b>												
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<b>DIARRHEA</b>	Kaopectate, Imodium  <i>Increase clear liquid intake and bland diet as tolerated. Avoid spicy and/or fried foods.</i>												
<b>FLU</b>	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>												
<b>ANEMIA</b>	Slow Fe, Vitron C, Ferrous Sulfate 325 mg daily												

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<b>HEARTBURN/GAS</b>	<p><b>For heartburn:</b> Maalox, Mylanta, Pepcid OTC, Tagamet, Roloids, Tums, Gaviscon, Prilosec, Prevacid, Protonix</p> <p><b>For gas:</b> Gas X, Maalox Anti-Gas, Mylanta Gas, Mylicon (Simethicone)</p> <p><i>Eat light meals, avoid eating/drinking 3 hrs before bed. Elevate head of bed. Avoid spicy, acidic foods and/or fatty foods.</i></p>
<b>HEMORRHOIDS</b>	<p>Preparation H, Tucks Medicated Pads, Anusol HC cream/suppositories RX, Stool softners</p> <p><i>Warm sitz bath (soaking in a tub of warm water) and using Tucks pads instead of toilet tissue may help.</i></p>
<b>INSOMNIA/DIFFICULTY SLEEPING</b>	Unisom, Tylenol PM, Benadryl
<b>MOTION SICKNESS</b>	Dramamine
<b>MOUTH SORES</b>	Orajel, Abreva, Valtrex Rx
<b>MUSCLE ACHES</b>	Icy Hot Patches (not on the abdomen), Thermacare Patches (not on the abdomen), Epsom Salts
<b>NAUSEA</b>	Emetrol, Dramamine, Sea Bands, Preggie Pops, Ginger tablets/Drops, Vitamin B6 (50 mg every 8 hr) and Unisom (12.5-25 mg at bedtime), Phenergan RX, Reglan RX, Zofran RX, Bonjesta RX
<b>PAIN/FEVER</b>	<p>Tylenol (regular or extra strength) up to 1,000 mg every 6 hours, Excedrin Migraine (only up until 32 weeks gestation), Tylenol w. Codeine Rx</p> <p><i>If fever, take temperature and call our office with a fever above 100.4 degrees.</i></p> <p>Do <b>NOT</b> take Motrin, Ibuprofen, Aspirin, Aleve, Advil or Anaprox</p>
<b>SORE THROAT</b>	Sucrets, Cepacol (spray or lozenge), Chloraseptic (spray or lozenge), Warm salt water gargles
<b>RASHES/BUG BITES</b>	Cortaid, Lanacort, Benadryl (cream or tablets), Calamine Lotion, Aveeno Oatmeal Bath, topical hydrocortisone cream
<b>YEAST INFECTIONS</b>	<p><b>Yeast Infections:</b> Monistat, Gyne-Iotrimin, RePhresh</p> <p><i>Avoid using Monistat in first trimester. Use the longer systems (7-day treatment vs 1 or 2 day treatment)</i></p>
<b>FIRST AID PREPARATIONS</b>	Neosporin, Cortaid, Polysporin, Lanacort, Bacitracin

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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 antibiotics, how much and for how long. Below is a sampling of antibiotics generally considered safe during pregnancy.

<b>ANTIBIOTICS</b>	Amoxicillin, Ampicillin, Penicillin Augmentin Clindamycin Erythromycin Keflex Macrobid (until 36 weeks) Metronidazole (Flagyl) Zithromax Rocephin Cefdinir  <b>Avoid:</b> Tetracyclines such as Doxycycline
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