

**LUMINIS HEALTH OBGYN – ANNAPOLIS
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!

ACNE	Proactive, Clearasil, Salicylic Acid, Benzoyl Peroxide, Azelex RX, Erygel RX, Cleocil T RX, Clindagel RX (most topical products) Avoid Retinoids/Retin-A
ALLERGY RELIEF	Benadryl (diphenhydramine), Claritin (loratidine), Allegra (fexofenadine), Zyrtec (cetirizine), Chlor-Trimeton (chlorpheniramine maleate), Xyzal (levocetirizine), Flonase (fluticasone spray), Nasacort (triamcinolone spray), Rhinocort (budesonide spray)
UPPER RESPIRATORY INFECTION (Cold, Flu, COVID, cough, congestion, etc)	Products containing any combo of the following: phenylephrine, pseudoephedrine, acetaminophen, triprolidine, guaifenesin, dextromethorphan Homeopathic remedies: Zicam, Vicks Vapor Rub, Airborne, Saline Nasal Spray, Neti Pot, Emergen-C, cough drops, throat lozenges, chloraseptic spray <i>**Avoid phenylephrine and pseudoephedrine in 1st trimester</i> <i>**Patients with high blood pressure should avoid phenylephrine and pseudoephedrine</i>
CONSTIPATION	Laxatives: Senna Milk of Magnesia Miralax (polyethylene glycol) Enema Dulcolax (bisacodyl) Stool Softeners: Glycerin suppository Colace (docusate sodium) Fiber supplement Citrucel (methylcellulose) <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>
DIARRHEA	Imodium (loperamide) <i>Increase clear liquid intake and bland diet as tolerated. Avoid spicy and/or fried foods.</i>
ANEMIA	Slow Fe, Vitron C, Ferrous Sulfate 325 mg daily

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HEARTBURN/GAS	<p>For heartburn: Maalox, Mylanta, Rolaids, Tums, Gaviscon, Pepcid (famotidine), Tagamet (cimetidine), Prilosec (omeprazole), Prevacid (lansoprazole), Protonix (pantoprazole)</p> <p>For gas: 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>
HEMORRHOIDS	<p>Preparation H cream/suppositories, creams and suppositories containing phenylephrine, hydrocortisone or pramoxetine, Tucks Medicated Pads, Stool softeners</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>
INSOMNIA/DIFFICULTY SLEEPING	Melatonin, Unisom (doxylamine), Benadryl (diphenhydramine)
MOTION SICKNESS/VERTIGO	Dramamine (meclizine)
MOUTH SORES	Orajel, Abreva
MUSCLE ACHES	Acetaminophen, Epsom Salts, Heat/Ice/topical patches/cream (avoiding abdomen)
NAUSEA	Emetrol, Dramamine (meclizine), Sea Bands, Preggie Pops, Ginger tablets/Drops, Vitamin B6 (50 mg every 8 hr) and Unisom - Doxylamine Succinate (12.5-25 mg at bedtime)
PAIN/FEVER	Tylenol (acetaminophen) up to 1,000 mg every 6 hours Do NOT take ibuprofen, naproxen, or full dose aspirin
HEADACHE	Hydration, caffeine (up to 200mg/day), magnesium supplement daily, acetaminophen, Excedrin Migraine (acetaminophen, caffeine, aspirin) until 32 weeks
RASHES/BUG BITES	Benadryl (cream or tablets), Calamine Lotion, Oatmeal Bath, topical hydrocortisone cream
YEAST INFECTIONS	<p>Yeast Infections: Monistat, Gyne-lotrimin (miconazole creams/suppository)</p> <p><i>Avoid using in first trimester. Use the longer systems (7-day treatment vs 1 or 2 day treatment)</i></p>
FIRST AID PREPARATIONS	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.

ANTIBIOTICS	Amoxicillin, Ampicillin, Penicillin Augmentin Clindamycin Erythromycin Keflex (cephalexin) Macrobid (nitrofurantoin) Flagyl (metronidazole) Zithromax Rocephin Cefdinir Bactrim (avoid in first trimester and at term) Avoid: Tetracyclines such as Doxycycline
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