

### Medication Use in Pregnancy

The following medications have been taken during pregnancy and have not been shown to cause birth defects. Even so, we recommend not using any medication unless necessary. If you take a medication routinely for a medical problem and are unsure about the medication, please contact our office prior to discontinuing that medication. Take all medications according to the manufacturers directions listed on the bottle unless otherwise directed by your physician.

- Antacids (Mylanta, Maalox, Pepcid AC, TUMS, Zantac)
- Antibiotics (Keflex, Macroclantin, Macrobid, Amoxicillin, Penicillin)
- Antihistamines (Allegra, Benadryl, Claritin, Chlor-Trimeton, Dimetapp, Tavist, Zyrtec)
- Antinausea medications (Phenergan, Zofran, Scopolamine patch)
- Blood Pressure medications (Nifedipine, Aldomet, Propanolol)
- Cough drops/lozenges/syrups (Cepacol, Herbal cough drops, Robitussin, Vicks)
- Decongestants (Actifed, Sudafed, Entex)
- Kaopectate
- Laxatives (Ducolax)
- Pain medications (Codeine, Vicodin)
- Nasal sprays (Afrin, Beclovent, Flonase, Nasonex, Neosynephrine, Saline, Ventolin)
- Pepto Bismol
- Stool Softeners (Colace, Citracel, Fibercon, Metamucil)
- Thyroid medicine (Synthroid, Thyroxine)
- Tocolytics to stop labor (Terbutaline)
- Tylenol (Extra-Strength, Regular)
- Yeast medications (Monistat, Gyne-Lotrimin, Femstat, Terazol)

Medications you should **NEVER** take during pregnancy includes: Acutane, Lithium, Tetracycline, Vibramycin, and Valproic Acid.

Though a small amount of alcohol may not cause harm, there is no known safe quantity. Therefore, we advise against any alcohol ingestion during pregnancy.

Smoking and using recreational drugs are dangerous to the pregnancy. They can cause growth retardation of the fetus, premature maturation of the placenta, which can cause fetal distress during labor, and abnormal separation of the placenta, which can cause fetal death or maternal hemorrhaging during labor.

Other medications may be safe or have minimal risk but should be discussed with your physician prior to taking the medication. Most fall into the “unknown category”. This means that there is no documentation of its safety during pregnancy.

## Safe Medications in Pregnancy

The following medications may be taken safely during pregnancy. We recommend that you try non-drug treatments first. For example, if you have a headache, try lying down in a quiet, dark room. If you do not get relief, please use the following guidelines.

### Cold/Sinuses

Tylenol Cold  
Sudafed/Actifed  
Saline nasal spray  
Nasaicrom  
Dristan  
Breathe Right Strips

### Allergies

Claritin  
Zyrtec  
Tylenol Allergy/Sinus  
Chlor-Trimeton  
Benadryl  
Dimetapp  
Tavist

### Headache

Tylenol

### Cough

Robitussin DM  
Robitussin Plain  
Dextromethorphan  
Vicks Vapo Rub

### Heartburn

Tagamet  
Zantac  
Pepcid  
Tums/Roloids

### Constipation

Fibercon  
Metamucil  
Fiberall  
Dulcolax  
Citracil

### Indigestion

Tums/Roloids  
Mylanta  
Maalox

### Diarrhea

Imodium  
Kaopectate

### Nausea

Vitamin B6  
Unisom ½ tablet

### Sore Throat

Halls Drops  
Chloraseptic Spray  
Cepacol  
Sucrets

### Yeast infection

Mycelex  
Gyne-Lotrimin  
Monistat 7-day

### Hemorrhoids

Preparation H  
Anusol Hc

### Insomnia

Tylenol #3  
Tylenol PM  
Benadryl

### Aches/Pains/Fever

Tylenol  
Tylenol #3