

Common Medications in Pregnancy

Problem	Safe	Avoid
Pain relief, headache, fever	Tylenol (acetaminophen), Excedrin Tension Headache or Excedrin Migraine sparingly, increase fluids, dim lights, rest, cool compress to forehead and neck, ice/heat	Ibuprofen (Advil/Motrin), Aspirin may be used sparingly, naproxen (Aleve)
Heartburn	Tums (4/day), Rolaids, Mylanta, Maalox, Prilosec, Zantac, Pepcid, sit upright after meals	Pepto-Bismol, trigger foods, laying down 1 hour after a meal or eating 3 hours before bed, spicy/sour foods, carbonated beverages, coffee, chocolate
Gas pains and bloating	Gas-X, Mylicon, Phazyme, Mylanta Gas	
Nausea	Ginger, vitamin B6, Emetrol, Sea Bands-Accupressure, Dramamine, Benadryl, Unisom, peppermint gum or candy	Pepto-Bismol
Diarrhea	Imodium	Pepto-Bismol
Constipation	Increase dietary fiber and water intake, Benefiber, Fibercon, Metamucil, Citrucel, Colace, docusate, Miralax	
Acne	Benzoyl peroxide, clindamycin, topical erythromycin, salicylic acid	Accutane, Retin-A, tetracycline, minocycline
Vaginal Yeast	OTC Monistat	
Allergies	Benadryl, Claritin, Zyrtec, Allegra	Claritin-D & Allegra-D should be avoided if you have high blood pressure
Caffeine	Less than 200mg/day (1 cup of coffee)	More than 200mg/day
Hemorrhoids	Sitz baths, Tucks pads, Preparation-H, prevention through fiber and drinking plenty of water, witch hazel	
Tooth pain	Orajel, Tylenol	
Throat pain	Cepacol, Cepastat, salt water gargle with warm water	
Rash	Benadryl, 1% hydrocortisone cream	
Insomnia/Sleep aids	Benadryl, Unisom, Tylenol PM, Chamomile tea, warm milk, warm bath	

Cold/Cough	Robitussin DM or plain Robitussin, dextromethorphan, Tylenol, Tylenol PM, throat lozenges/spray, Mucinex, Neti Pot sinus rinse, saline nasal spray, cough drops, Tylenol Cold and Sinus tablets, Vicks Vapor Rub, Afrin (use for 3 days maximum)	Sudafed should be avoided in first trimester or if you have high blood pressure
Antibiotics	Ceclor, Keflex, Macrobid, penicillin, Zithromax, amoxicillin	Levaquin, tetracycline, minocycline
Vaccines	Flu shot, Hepatitis A, Hepatitis B, Pneumovax, Polio Booster, Tetanus, Tuberculosis test, Tdap	MMR (measles, mumps, rubella), live Poliovirus, Varicella, nasal flu vaccine
Miscellaneous	All sunscreen, hair color/highlights, insect repellants (including DEET), spray tans	

**If you have any questions about medications or vitamins not listed, ask your provider about their safety.