

Common Medications in Pregnancy

Problem	Safe	Avoid
Pain relief, headache, fever	Tylenol (acetaminophen), Excedrin Tension Headache and Excedrin Migraine (use sparingly) Increase fluid intake, dim lights, cool compress on forehead/neck and ice/heat.	Ibuprofen (Advil/Motrin), Aspirin(may be used under direction of provider), Naproxen (Aleve)
Heartburn	Tums (4/day), Rolaids, Mylanta, Maalox, Prilosec, Pepcid. Try to stay upright after meals to aid in digestion.	Pepto- Bismol, trigger foods, laying down for one hour after eating, eating three hours prior to bedtime, spicy/sour foods, carbonated beverages, coffee/tea, chocolate.
Gas Pains and Bloating	Gas X, Mylicon, Phazyme, Mylanta	
Nausea	Ginger, Vitamin B6(100mg twice daily), Unisom(25mg at bedtime), Emetrol, Sea bands, Dramamine, Benadryl, Peppermint gum/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 and Allegra D should be avoided if you have high blood pressure
Caffeine	Less than 200mg/ day (one 12oz cup of regular coffee)	More than 200mg/day
Hemorrhoids	Sitz baths, Tucks pads, Preparation-H, Witch hazel. Increase fiber and water intake for prevention.	
Tooth Pain	Orajel	
Throat Pain	Cepacol, Cepastat, Salt & warm water rinse/gargle	
Rash	Benadryl, 1% Hydrocortisone cream	
Insomnia/ Sleep Aids	Benadryl, Unisom, Tylenol PM, chamomile tea, warm bath	
Cold/Cough	Robitussin/ Robitussin DM, Dextromethorphan, Throat lozenges/spry, Mucinex, Neti Pot sinus rinse, Saline nasal spray, Cough drops, Tylenol cold and sinus, Vicks Vapor Rub, Afrin (use for a max of 3days)	Sudafed should be avoided in the first trimester and if you have high blood pressure
Antibiotics	Ceclor, Keflex, Macrobid, Penicillin, Zithromax, Amoxicillin	Levaquin, Tetracycline, Minocycline
Vaccines	Flu, Hepatitis A & B, Pneumovax, Polio booster, Tdap, Tuberculosis test	MMR, Live poliovirus, Varicella, Nasal Flu Immunization
Miscellaneous	All sunscreen, Hair coloring (in a well ventilated area), Insect Repellants, Spray Tans	UVA/UVB tanning beds

****If you have questions about medications not on this list, please discuss with your provider prior to use.**