



APPROVED MEDICATIONS FOR PREGNANT WOMEN

Allergies

Claritin (Not Claritin D), Benadryl, Zyrtec.

Analgesia (pain relief)

Tylenol, Antibiotics, Amoxicillin, Penicillin, Macrobid, Erythromycin, Keflex.

Asthma

All asthma medications.

Cold Remedies

Robitussin (guaifenesin), Delsym (dextromethorphan), Vicks Vapor Rub, throat lozenges (any brand,) Afrin nasal spray (three a day limit), Airborne, Mucinex, Breathright™ Nasal Strips.

**some cold remedies need to be obtained by asking the pharmacist.*

Constipation

Milk of Magnesia, Metamucil, Colace (docusate sodium).

Diarrhea

Immodium.

Hemorrhoids

Proctofoam, Preparation H, Anusol, Tucks,

Indigestion

Tums, Maalox, Roloids, Pepcid, Zantac, Mylanta, Riopan plus simethicone.

Nausea and Vomiting

Emetrol, Gatorade, Vitamin B6 (50mg 3x a day), peppermint & ginger tea, peppermint Ginger capsules, Unisom.

Vaccines

Influenza, Hepatitis B, Hepatitis A, Tetanus/ Diphtheria (Tdap).

In general, it is our recommendation that you avoid unnecessary medication use in pregnancy, especially in the first trimester when the embryo is developing. Due to ethical considerations, medications have not been scientifically studied in human pregnancy. Knowledge about medication use in pregnancy comes from animal studies or experience with select women (i.e., the woman with asthma). Keep in mind even over-the-counter preparations, herbal remedies, and vitamin therapies may not be without risk. Before stopping any medication, it is recommended that you discuss this with your health care provider. There are instances in which the benefit of medication use may out-weigh the known or unknown risk. An informative website on exposures during pregnancy and the potential effects to the developing fetus is thepeil.org.