

Safe Medications

Talk to your provider about any medications you are currently on or if you are starting new medications. It may be harmful to begin or even stop taking specific medications while pregnant.

ANTIBIOTICS

- Penicillins (Amoxicillin, Augmentin, Ampicillin)
- Cephalosporins (Ceclor, Keflex, Ceftin)
- Nitrofurantoin (Macrobid, Macrochantin)
- Metronidazole (Flagyl)

****Do not take Cipro, Tetracycline, or Levaquin***

COLD, COUGH, ALLERGY, DECONGESTANTS

- Diphenhydramine (Benadryl)
- Chlorphenamine/chlorpheniramine (Actifed, Chlor-Trimeton)
- Loratidine (Claritin)
- Cetirizine (Zyrtec)
- Dextromethorphan (Delsym)
- Guaifenesin (Mucinex, Robitussin)
- Nasal/throat sprays (Rhinocort Aqua, saline nasal spray, Sinex)
- Lozenges (zinc lozenges, Halls, Cepocol)

HEARTBURN/INDEGESTION

For NAUSEA – see “Nausea and Vomiting” page 9)

- Calcium carbonate (Gaviscon, Tums)
- Magnesium hydroxide (Milk of Magnesia)
- Aluminum hydroxide (Maalox, Mylanta)
- Famotidine (Pepcid)
- Cimetidine (Tagamet)
- Ranitidine (Zantac)
- Omeprazole (Prilosec)
- Lansoprazole (Prevacid)
- Metoclopramide (Reglan)
- Simethicone (Gas-X, Mylicon)

DIARRHEA

Increase fluids to avoid dehydration, call your doctor if lasting longer than 3 days.

- Immodium A-D

CONSTIPATION

Increase fluids and fiber intake.

- Methyl Cellulose (Citrucel)
- Docusate (Colace)
- Psyllium (Metamucil)
- Benefiber

HEMORRHOIDS

- Hydrocortisone topical (Anusol)
- Phenylephrine topical (Preparation H)
- Witch Hazel (Tucks)

YEAST INFECTIONS

- Clotrimazole (Gyne-Lotrimin)
- Nystatin (Mycostatin)
- Miconazole (Monistat)
- Terconazole (Terazol)



SKIN (ACNE/RASHES)

- Diphenhydramine (Benadryl cream)
- Lotrimin
- Calamine/Caladryl
- Benzoyl Peroxide
- Hydrocortisone Cream

***Do not use Accutane, Retin-A, Tetracycline, or salicylic acid.
For antibiotics—see “Antibiotics” (page 14)**

INSOMNIA/LACK OF SLEEP

- Doxylamine (Unisom)
- Diphenhydramine (Unisom, Benadryl)
- Tylenol PM

PAIN

- Acetaminophen (Tylenol Regular or Extra Strength)

***Do not use NSAIDS (Ibuprofen, Advil, aspirin, Motrin, Aleve, Naproxen, Excedrin)**

DENTAL

If dental x-ray is necessary, a lead apron must be used to shield the abdomen

- Anbesol (Orajel)
- Novacaine

PPD SKIN TEST (TB test) is acceptable in pregnancy.

**FLU-VACCINE (preservative-free) is strongly encouraged if pregnant during
flu season (October – April)**

Herbs to Avoid

Below is a short list of herbs and teas to **avoid ingesting in pregnancy**

- Angelica
- Aloe
- Black Cohosh
- Blue Cohosh
- Castor Oil
- Dong Quai
- Ephedra
- Evening Primrose Oil
- Fenugreek
- Feverfew
- Ginseng
- Goldenseal
- Hydrangea
- Lobelia
- Milk Thistle
- Motherwort
- Passion Flower
- Pennyroyal
- St. John's Wort
- Saw Palmetto
- Valerian

