

# Medications During Pregnancy

The following is a short list of medications that are approved for use during pregnancy. For any medication not found on this list, please call our office and ask for advice regarding its use.

**PLEASE NOTE:** Any medication which is not on this list is not necessarily unacceptable or contraindicated.

## Acne

- Benzoyl peroxide products

## Antacids (for heartburn)

- Mylanta
- Maalox
- TUMS
- Rolaids
- Papaya Enzyme Tablets
- Prevacid
- Tagament
- Pepcid

## Antifungal Agents (for yeast infections)

- Monistat
- Gyne-Lotrimin
- Femstat

## Diarrhea

- Immodium AD
- Kaopectate

## Gas Pain

- Gas X
- Mylanta
- Mylicon

## Hemorrhoids

- Preparation H
- Witch Hazel or Tucks pads

## Pain Relievers

- Tylenol - 2 Extra Strength

## Seasonal Allergies

- Zyretec
- Claritin
- Benadryl
- Rhinocort Aqua

## Headaches

- Tylenol
- Excedrin Migraine

## Sleep Aids

- Benadryl
- Unisom

## Stool Softeners (for constipation)

- Colace
- Metamucil or other bulk agents/fiber products
- MiraLAX

## COMMON COLD REMEDIES

### For aches and discomfort

- Tylenol - 2 Extra Strength

### For sneezing, itchy watery eyes, post nasal drip

- Benadryl

### For nasal congestion

- Steam Inhalers
- Saline Nose Drops
- Neti Pot or other saline nasal flushes
- Sudafed with active ingredient Pseudoephedrine-the one you sign for at the pharmacy. **(Ok to use after 12 weeks of pregnancy)**

### For sore throat

- Chloraseptic Spray
- Throat Lozenges/Cough Drops (Ricola, Halls)
- Salt water gargles
- Tylenol (2 Extra Strength)

### For cough

- Robitussin or Robitussin DM **(Ok to use after 12 weeks of pregnancy)**
- Mucinex **(Ok to use after 12 weeks of pregnancy)**
- Hot tea with honey

### These may also help with common cold symptoms:

- Rest
- Increasing fluids
- Chicken Soup

**Flu Shot** - The Flu Shot is strongly recommended for all pregnant women

**Tdap Vaccine** - The Tdap vaccine is strongly recommended for all pregnant women in the third trimester of pregnancy. Get the vaccine any time after 27 weeks and before 36 weeks of pregnancy.

**\*Please note that during pregnancy you should not take Motrin, Ibuprofen, Advil, Aleve, any generic of these, or any other NSAIDS.\***