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Commonly Used Medications In Pregnancy

Listed are safe medications you may take for minor discomfort in pregnancy. It is best to avoid any medications during the first twelve (12) weeks of pregnancy. Notify us as soon as possible if you are taking a prescription.

Over the Counter Medications:

ANTIHISTAMINES/ALLERGIES – Diphenhydramine (Benadryl) (category B), Doxylamine (Unisom), Loratadine (Claritin) (not categorized, but no risks known; preferred in this class of drugs), Zyrtec (not categorized, but no risks known; preferred in this class of drugs)

CONSTIPATION – Docusate (Colace), Fiber supplementation (Benefiber, Fibercon, Citrucel, Metamucil), Milk of Magnesia

COUGHS/COLDS – Dextromethorphan (Robitussin DM) WITHOUT alcohol, Guaifenesin (Mucinex)

NASAL / SINUS / CHEST CONGESTION – Nasal saline spray or irrigation (Ocean Mist nasal spray, Neti Pot), Oxymetazoline nasal spray (Afrin, Zicam nasal spray; limit to no more than 3 days use, beware of rebound congestion), Sudafed (Pseudoephedrine) (not categorized, can have limited use after 12 weeks – use sparingly for moderate to severe congestion.

DIARRHEA - Imodium (1 dose – if it persists, please notify office), Follow the BRAT diet (bananas, rice, applesauce & toast), CALL FOR AN APPOINTMENT if persistent.

HEARTBURN, INDIGESTION, GAS - Tums, Maalox, Gas-X, Mylanta; Ranitidine (Zantac) (category B), Cimetidine (Tagamet), Famotidine (Pepcid) (category B), Pantoprazole (Protonix) (category B)

DO NOT USE: PEPTO-BISMOL, ROLAIDS, KAOPECTATE, ALKA SELTZER (CONTAINS ASPIRIN)

HEMORRHOIDS - Preparation H (safe throughout pregnancy), Anusol, Tucks pads, witch hazel pads

PAIN MEDICATIONS - Tylenol (acetaminophen) for minor aches and pains, headaches, Tylenol Extra Strength-2 tabs every 4 hours (not to exceed 3,000 mg in a 24 hour period); Codeine (by prescription only)

DO NOT USE: Aspirin, Motrin, Advil, Aleve (unless prescribed by your OB provider)



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Prescriptive Drugs:

Nausea / Vomiting - DiClegis

Diabetic medication – Glucophage (Category B)

Thyroid medication – Levothyroxine, Liothyronine (both category A)

Antibiotics (for various infections) – your primary care or Emergency doctor(s) may prescribe you an antibiotic for various reasons. They can contact our office if they have questions or concerns about their safety in pregnancy. Amoxicillin, Keflex, Azithromycin (the three listed are category B).

Asthma medications – Inhalers: Beta Adrenergic Agonists: Albuterol (Xopenex, ProAir, Proventil, Ventolin, AccuNeb) Steroids: Pulmicort (Budesonide) Oral medications: Zafirlukast (Accolate), Montelukast (Singulair); Other medications: Omalizumab

Risk Categories for Drugs (put in layman terms):

Category A: Controlled human studies show no risk.

Category B: No risks in animal studies & no risks seen in use in humans; or any risks seen in animal studies not seen in human studies.

Category C: Risks were seen in animal studies, but no studies in humans, thus risk unknown in humans (drug should be given only if the potential benefits justify the potential risk to the fetus – there are many drugs that fall into this category that are given in pregnancy and over time, we get more human risk information on them; they just cannot be used in a study of pregnant women).

Category D: Positive evidence of fetal human risk

Category X: Contraindicated in Pregnancy.

Visit www.mothersbaby.org for additional information.