

Women's Healthcare of Illinois

Approved Medications During Pregnancy

<u>Condition</u>	<u>Approved</u>	<u>Do Not Use</u>
Allergies	Claritin, Benadryl, Chlortrimetron, Zyrtec	
Artificial Sweeteners	Nutrasweet, Splenda	Sweet & Low, Saccharine
Constipation	Colace, Fibercon, Metamucil, Citrucel, Milk of Magnesia	
Cough	Cough drops (Halls, Ludens)	
Diarrhea	Immodium AD	
Heartburn/Indigestion	Mylanta, Tums, Pepcid, Maalox Gaviscon	Pepto-Bismol
Hemorrhoids	Preparation H, Anusol HC, Tucks	
Nasal Congestion	Saline Nasal Spray	Sudafed
Nausea	Vitamin B6 (pyridoxine) 25 mg 3X a day, Emetrol, Sea bands, Ginger root 250 mg, 4X a day	
Pain/Fever/Headache	Tylenol (regular & ES)	Aspirin, Advil, Aleve, Ibuprofen, Motrin
Rash/Itching	Benadryl, Benadryl lotion, Hydrocortisone cream 1%	
Sleep Aid	Tylenol PM, Benadryl	
Sore Throat	Cepacol, Chloroseptic Spray, Salt water gargle	
Yeast Infection	Monistat 7, Gyne-Lotrimin	

In general, ***try to avoid taking any medication until you are 13 weeks pregnant*** as the first trimester is a very critical time period in your baby's development. There are times when it will be necessary for you to take medications during this time period and the safest medications available will be chosen.

Medication prescribed before pregnancy may not be safe when you are pregnant, BUT stopping some medications can be harmful as well.

Beware of "natural" products, as not all have been tested for safe use during pregnancy.

If you have a question about the safety of a medication or product, please check with your health care provider.