

Women's Healthcare of Illinois

Pregnancy: Medications

Condition	Approved Medications	DO NOT USE
Allergies	Claritin, Benadryl, Chlortrimeton, Zyrtec	
Artificial Sweeteners	Splenda, Nutrasweet	Sweet & Low, Saccharine
Cough	Dextromethrophan (Robitussin DM)	
Constipation	Metamucil , Citrucel, Docusate (Colace, Ducolax) Milk of magnesia, Fibercon, Polyethyelene glycol (Miralax)	
Diabetes	Insulin, Glyburide (Micronase), Metformin (Glucophage)	
Diarrhea	Loperamide (Imodium A-D)	
Gas	Simethicone (Gas-X, Mylicon, Phazyme)	
Hayfever, sneezing, runny nose, itchy watery eyes	Chlorpheniramine (Chlor-Trimeton, Efidac, Teldrin), Diphenhydramine (Benadryl), Clemastine (Tavist Allergy)	
Headache/Fever/Pain	Acetaminophen (APAP, Paracetamol, Panadol, Tylenol)	
Heartburn	TUMs, Mylanta, Maalox, Pepcid, Gaviscon	Pepto-Bismol
Hemorrhoids	Tucks, Preparation H, Anusol	
Infection	Acyclovir (Zovirax), Azthitromycin (Zithromax), Cepaholosporins (Cephalexin, Keflex), Cefazolin (Ancef), cefaclor (Ceclor), Clindamycin (Cleocin), Erythromycin, Penicillins (Amoxicillin (Amoxil), Amoxicillin Clavulanate (Augmentin), methicillin, carbenicillin, Metronidazole (Flagyl)	
Insomnia	Doxylamine (Unisom Sleep Tabs), Benadryl, Tylenol PM	
Motion sickness	Dimenhydrinate (Dramamine)	
Nasal congestion	Pseudoephedrine (Sudafed) -Avoid in first trimester Saline Nasal Spray	Pseudoephedrine -Avoid in first trimester
Nasal congestion, sneezing, runny nose, itchy watery eyes	Actifed Cold and Allergy Ingredients: Triprolidine, Pseudoephedrine -Avoid in first trimester	Pseudoephedrine -Avoid in first trimester
Nasal congestion, sneezing, runny nose, itchy watery eyes, fever, and headache	Actifed Cold and Sinus Ingredients: Acetaminophen, Chlorpheniramine, Pseudoephedrine - Avoid in first trimester	Pseudoephedrine - Avoid in first trimester
Nausea	Ginger, Metoclopramide (Reglan), Zofran	
Sore Throat	Cepacol, Chloroseptic Spray	
Vaginal yeast infection	Clotrimazole cream (Gyne-Lotrimin), Monistat7	

In general, try to avoid taking any medication until you are 13 weeks pregnancy 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. The safest medications will be chosen.

Medications prescribed before pregnancy may not be safe when you are pregnant, BUT stopping some medications can be harmful as well. Please be sure to check with your healthcare provider prior to stopping any medication.

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

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