



MEDICATIONS AND PREGNANCY

Information

Avoid taking medication until you are 13 weeks pregnant, as the first trimester is a very critical period in your baby's development. There are times when it will be necessary for you to take medications during this time, so the safest medications must be chosen. Medications prescribed before pregnancy may not be safe when you are pregnant. However, stopping some medications can be harmful, as well. Please check with your healthcare provider prior to stopping any medication. Also, 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.

Medication Information

Condition	Approved Medications	DO NOT USE
Allergies	Claritin, Benadryl, Chlortrimeton, Zyrtec	
Artificial Sweeteners	Splenda, Nutrasweet	Sweet & Low, Saccharine
Cough	Dextromethrophan (Robitussin DM, Vicks 44 cough relief) Guaifenesin, an expectorant (Hytuss, Mucinex,)	Cold remedies that contain alcohol
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	Robitussin DM, Vicks 44E, Mucinex, Vicks VapoRub (Guaifenesin , an expectorant)	
Nausea	Ginger, Metoclopramide (Reglan), Zofran Pyridoxine (Vitamin B6) 12.5mg up to 3 times a day With Unisom: ½ tab (12.5mg) of Unisom plus 12.5mg Vit B6 in the morning and afternoon followed by 1 tab (25mg) of Unisom and 1 tab Vit B 6 (25mg) at bedtime	
Sore Throat	Cepacol, Chloroseptic Spray	
Vaginal yeast infection	Clotrimazole cream (Gyne-Lotrimin), Monistat7	