

Safe Medications

During pregnancy, women can be more susceptible to ailments like colds and flu and other conditions. Only certain medications are safe during pregnancy. The following list of medications are considered safe for as needed and occasional use during pregnancy. Follow the labels for dosage and directions. Contact the office if there are additional medications or questions you may have.

Reviewed by WHCG 8/16/2023

Acne

Benzoyl Peroxide
Clindamycin
Topical Erythromycin
Salicylic Acid

Avoid

Accutane
Retin-A
Tetracycline
Minocycline
Doxycycline

Constipation

Colace, Miralax, Senokot
Dulcolax Suppository, Glycerin Suppository
Fibercon, Metamucil, Citrucel
Magnesium supplements

Gas

Gas-X
Mylicon
Phazyme

Diarrhea

Immodium

Hemorrhoids

Anusol/Anusol HC
(RX: Analapram 2.5%)
Hydrocortisone OTC
Preparation H, Tucks
Vaseline/or petroleum based lotion
applied to tissue

Nasal Spray

Saline Nasal Spray

Rash

Benadryl
1% Hydrocortisone Cream

Tooth Pain

Orajel

Yeast Infection

Gyne Lotrimin
Terazol - 3
Monistat OTC 7 Day
Nystatin
AVOID 1 Day Creams

Antibiotics

Ceclor
Cephalosporins
E-Mycins
Keflex
Macrobid/Macrodantin
Penicillin
Zithromax

Avoid

Cipro
Levaquin
Tetracycline
Minocycline

Cough

Cough Drops
Phenergan w/Codeine if Rx
Robitussin (plain & DM)

Headaches

Cold Compress
Tylenol (reg. or extra strength)
Acetaminophen
Ibuprofen, only 1st & 2nd Trimester
Caffeine (as long as less than 200mg/24hrs)

Muscle Pain

Icy Hot/Biofreeze

Herpes

Acyclovir
Famvir
Valtrex
Campho phenique topical

Nausea

Vitamin B6 25mg, 3 times/daily
Unisom ¼ or ½ tablet at bedtime
Dramamine, Emetrol
Ginger Root 250mg, 4 times/day
High complex carbs @ bedtime
Sea Bands - Acupressure

Sleep Aids

Ambien, Benadryl
Chamomile Tea
Unisom, Tylenol PM
Warm milk-add vanilla/sugar
for flavor
Melatonin – check with Provider

MISC

Self Tanners - ok
Hair Removers, Nails done, Hair Coloring - ok
Painting Rooms - ok
Turmeric not recommended
Protein Supplements not recommended

Colds/Allergies

Benadryl, Claritin, Zyrtec, Xyzal
Chlor-Trimeton, Dimetapp
Drixoral-Non-Drowsy**
Mucinex (guaifenesin)
Sudafed**/Sudafed 12 Hour**
Sudafed PE Pseudoephedrine**
Tylenol Cold and Sinus **
Vicks Vapor Rub
NyQuil/Dayquil
Nasonex, Nasacort, Flonase, Albuterol inhaler
**AVOID if problems with Blood Pressure
AVOID antihistamines while breastfeeding
due to possible lowering of milk supply
AVOID Afrin

Heartburn

(Avoid lying down for at least 1 hr
after meals)
Aciphex, Maalox, Mylanta, Pepcid
Milk of Magnesia
Pepcid Complete
Prevacid, Prilosec, Rolaids, Tums

Leg Cramps

Benadryl
Magnesium

Crab/Lice

RID AVOID Kwell

Pain

Tylenol
Lortab**, Percocet**
Vicodin**
** Narcotic medications should only be
used when prescribed for a legitimate
medical problem by a doctor, for a short
period of time.

Throat

Cepacol
Cepastat
Salt Water Gargle w/ warm water
Throat Lozenges

Prenatal Vitamins

Any Over the Counter Prenatal Vitamins.
DHA -is an optional addition to your prenatal
vitamin and can be obtained in a separate pill.
DHA can be found in fish oil, some plant based
Vitamins and Expecta DHA.