



WOMEN'S MEDICAL GROUP

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Medication Use in Pregnancy

The following medications have been taken during pregnancy and have not been shown to cause birth defects. Even so, we recommend not using any medication unless necessary. If you take a medication routinely for a medical problem and are unsure about the medication, please contact our office prior to discontinuing that medication. Take all medications according to the manufacturers directions listed on the bottle unless otherwise directed by your physician.

Antacids (Mylanta, Maalox, Pepcid AC, TUMS, Zantac)
Antibiotics (Keflex, Macrochantin, Macrobid, Amoxicillin, Penicillin, Zithromax, Erythromycin, Clindamycin)
Antihistamines (Allegra, Benedryl, Claritin, Chlor-Trimeton, Dimetapp, Tavist, Zyrtec)
Antinausea medications (Phenergan, Zofran, Scopolamine patch, Ginger)
Antiviral medications (Acyclovir, Valtrex)
Blood pressure medications (Nifedipine, Aldomet, Propanolol)
Cough drops/lozenges/syrups (Cepacol, Herbal cough drops, Robitussin, Vicks)
Decongestants (Actifed, Sudafed, Entex)
Kaopectate
Gas-X
Laxatives (Ducolax)
Pain medications (Codeine, Vicodin)
Nasal sprays (Afrin, Beclovent, Flonase, Nasonex, Neosynephrine, Saline, Ventolin)
Pepto-Bismol
Sleeping medications (Tylenol PM, Ambien)
Stool softeners (Colace, Citracel, Fibercon, Metamucil)
Thyroid medicine (Synthroid, Thyroxine)
Tocolytics to stop labor (Terbutaline)
Tylenol (Extra-strength, Regular)
Vitamins (Vitamin C, Airborne)
Yeast medications (Monistat, Gyne-Lotrimin, Femstat, Terazol)

Medication you should **NEVER** take during pregnancy includes: Acutane, Lithium, Tetracycline, Vibramycin, Valproic Acid, Minocycline

Though a small amount of alcohol may not cause harm, there is no known safe quantity. Therefore, we advise against any alcohol ingestion during pregnancy. Smoking and using recreational drugs are dangerous to the pregnancy. They can cause growth retardation of the fetus, premature maturation of the placenta, which can cause fetal distress during labor, and abnormal separation of the placenta, which can cause fetal death or maternal hemorrhaging during labor.

Other medications may be safe or have minimal risk but should be discussed with your physician prior to taking the medication. Most fall into the "unknown category". This means that there is no documentation of its safety during pregnancy.



Medications you may take in Pregnancy

The following medications may be taken safely during pregnancy. We recommend that you try non-drug treatments first. For example, if you have a headache, try lying down in a quiet, dark room. If you do not get relief, please use the following guidelines. If a prescription is necessary, an Rx will appear next to the medication.

Cold/Sinuses

Tylenol Cold
Sudafed/Actifed
Saline nasal spray
Nasalcrom - rx
Dristan
Breathe Right Strips
Entex - rx
Flonase/Nasonex - rx

Cough

Robitussin DM
Robitussin Plain
Dextromethorphan
Vicks Vapo Rub
Cepacol

Indigestion

Tums/Rolaids
Mylanta
Maalox

Sore Throat

Halls drops
Chloraseptic Spray
Cepacol
Sucrets

Insomnia

Ambien - rx
Tylenol PM
Benadryl

Allergies

Claritin
Zyrtec - rx
Tylenol Allergy/Sinus
Chlor-Trimeton
Benadryl
Dimetapp
Tavist
Allegra - rx

Heartburn

Tagamet
Zantac
Pepcid
Tums/Rolaids
Gas-X

Diarrhea

Imodium
Kaopectate

Yeast Infection

Diflucan - rx
Mycelex
Gyne-Lotrimin
Monistat
Femstat
Terazol - rx

Aches/Pains/Fever

Tylenol
Tylenol #3 - rx
Vicodin - rx

Depression

Prozac - rx
Zoloft - rx
Wellbutrin - rx

Itching

Benedryl
Atarax - rx
Aveno

Constipation/Stool softeners

Fibercon
Metamucil
Fiberall
Benefiber
Citracil
Ducolax (laxative)

Nausea

Scopolamine patch - rx
Unisom 1/2 tablet with Vitamin B6
Phenergan - rx
Zofran - rx

Hemorrhoids

Preparation H
Anusol HC
Tucks
Hydrocortisone cream

Headache

Tylenol
Fioricet