



## 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 before discontinuing that medication. Take all medications according to the manufacturers directions listed on the bottle unless otherwise directed by your physician.

Acne medications (topical are allowed)  
Analgesics (non-steroidal and narcotic)  
Anesthesia (local and general)  
Antacids (Mylanta, Maalox, Pepcid AC, Tums, Zantac)  
Antibiotics (Keflex, Macrochantin, Macrobid, Amoxicillin, Penicillin, Zithromax, Clindamycin, Cipro)  
Antihistamines (Allegra, Benedryl, Claritin, Chlor-Trimeton, Dimetapp, Tavist, Zyrtec)  
Antidepressants (except Paxil)  
Anti-nausea medications (Phenergan, Zofran, ½ Unisom plus Vitamin B6, Reglan, Scopolamine patch, Ginger)  
Antiviral medications (Acyclovir, Valtrex)  
Blood pressure medications (Nifedipine, Aldomet, Propanolol, Labetolol)  
Cold medications (Airborne, Theraflu)  
Cough drops/lozenges/syrups (Cepacol, Herbal cough drops, Robitussin, Vicks)  
Decongestants (Actifed, Sudafed, Entex)  
Kaopectate, Gas-X  
Hemorrhoids (Anusol HC, Preparation H, Tucks, Analpram)  
Laxatives (Ducolax, Miralax)  
Pain medications (Codeine, Vicodin, Darvocet, Demerol, Morphine)  
Nasal sprays (Afrin, Beclovent, Flonase, Nasonex, Neosynephrine, Saline, Ventolin)  
Pepto-Bismol  
Sleeping medications (Tylenol PM, Ambien, Sonata)  
Stool softeners (Benefiber, Colace, Citracel, Fibercon, Metamucil)  
Thyroid medicine (Synthroid, Thyroxine)  
Tocolytics to stop labor (Terbutaline, Ibuprofen, Nifedipine)  
Tylenol  
Vaccines  
Vitamins (Vitamin C, Airborne, Vitamin B6)  
Yeast medications (Monistat, Gyne-Lotrimin, Femstat, Terazol, Diflucan)

Medication you should **NEVER** take during pregnancy includes: ACE Inhibitors, Anticonvulsants, Antithyroid (Methimazole), Coumadin, Chemotherapy, Methotrexate, Aminopterin, Misoprostol, Cocaine, Thalidomide, Acutane, Lithium, Tetracycline, Vibramycin, Valproic Acid, Minocycline. Though Ibuprofen (NSAID – anti-inflammatory drugs) or aspirin may be prescribed by your physician for certain medical conditions during your pregnancy, we recommend against routine use without your doctors advice.

### Teratogen (Birth defect) Information

OTIS Pregnancy Risk Information: [www.OTISpregnancy.org](http://www.OTISpregnancy.org) or (800) 532-3749

National Pesticide Information Center (800) 858-7378

Other medications may be safe or have minimal risk but should be discussed with your physician before taking the medication. Most fall into the “unknown category”. This means that there is no documentation of its safety during 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  
Airborne/Theraflu  
Nasal crom - Rx  
Dristan  
Breathe Right Strips  
Nasonex - Rx  
Flonase - Rx

**Allergies**

Claritin  
Zyrtec  
Tylenol Sinus  
Chlor-Trimeton  
Benadryl  
Dimetapp  
Tavist  
Allegra - Rx

**Antibiotics - Rx**

Ampicillin  
Amoxicillin  
Cipro  
Macrobid  
Zithromax  
Keflex  
Clindamycin

**Depression**

Prozac - Rx  
Zoloft - Rx  
Wellbutrin - Rx

**Itching**

Benedryl  
Atarax - Rx  
Aveno

**Cough**

Robitussin DM  
Robitussin Plain  
Dextromethorphan  
Vicks Vapo Rub  
Cepacol

**Heartburn**

Tagamet  
Zantac  
Pepcid  
Tums/Rolaids  
Gas-X  
Pepto-Bismol

**Antivirals - Rx**

Zovirax  
Acyclovir  
Valtrex

**Constipation/Stool softeners**

Fibercon  
Metamucil  
Citracil  
Benefiber  
Miralax  
Ducolax (laxative)

**Headache**

Fioricet - Rx  
Tylenol

**Indigestion**

Tums/Rolaids  
Mylanta  
Maalox  
Gas-X

**Diarrhea**

Imodium  
Kaopectate

**Antivirals - Rx**

Acyclovir  
Valtrex

**Nausea/Morning Sickness**

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

**Sore Throat**

Halls drops  
Chloraseptic Spray  
Cepacol  
Sucrets

**Yeast Infection**

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

**Aches/Pain/Fever**

Tylenol #3 - Rx  
Vicodin - Rx  
Tylenol

**Hemorrhoids**

Anusol HC  
Tucks  
Hydrocortisone cream  
Analpram - Rx  
Preparation H

Rx = needs a prescription