

## Safe Medications in Pregnancy

During pregnancy, women can be more susceptible to ailments like cold and flu and other conditions. Only certain medications are safe during pregnancy. The following are considered safe. Follow the labels for dosage and directions. Contact the office during business hours for questions:

### **Acne:**

Benzoyl Peroxide

Clindamycin

Topical Erythromycin

Salicylic acid

Avoid: Accutane, Retin-A, Tetracycline,  
Minocycline

### **Antibiotics:**

Ceclor

Cephalosporins

Erythromycins

Keflex

Macrobid/Macrodantin

Penicillin

Zithromax

Avoid: Ciprofloxacin, tetracycline, Levaquin,  
Minocycline

### **Colds/Allergies:**

Benadryl

Claritin

Zyrtec

Dimetapp

Mucinex

Guafenesin

Sudafed

Pseudoephedrine

Tylenol Cold and Sinus

Vicks Vaporub

### **Constipation:**

Colace

Miralax

Senokot

Dulcolax Suppository

Fibercon

Metamucil

Perdium

Benefiber

**Cough:**

Sudafed

Cough Drops

Phenergan w/ codeine

Robitussin (plain and DM)

**Crab/Lice**

RID

Avoid: Kwell

**Gas:**

Gas – X

Mylicon

**Headaches:**

Cold compress

Tylenol

Acetaminophen

Magnesium 250 mg

Excedrin Aspirin free

**Leg cramps**

Benadryl

**Heartburn:**

(avoid lying down after meals for at least 1 hour)

Maalox

Mylanta

Pepcid

Milk of Magnesia

Pepcid Complete

Prevacid

Prilosec

Roloids

Tums (4 per day)

**Hemorrhoids**

Anusol/Anusol HC

Analapram 2.5%

Hydrocortisone OTC

Preparation H

Tucks

Vaseline lotion applied to tissue

**Herpes**

Acyclovir

Famvir

Valtrex

**Nasal Spray:**

Saline Nasal spray

**Nausea:**

Vitamin B6 25 mg (pyridoxine) 3 times daily

Unisom (doxylamine succinate) ½ tablet 3 times daily

Dramamine

Emetrol

Ginger Root 250 mg 4 times daily

High complex carbs

Sea Bands

Acupressure

Prescription meds

**Pain:**

Tylenol

**Prenatal Vitamin:**

Any over the counter prenatal vitamin. DHA is option addition and can be obtained in a separate pill. DHA can be found in fish oil, some plant based vitamins and Expecta DHA.

**Rash:**

Benadryl

Hydrocortisone cream

**Sleep Aids:**

Benadryl

Unisom

Chamomile Tea

Melatonin

Tylenol PM

Warm milk add vanilla/sugar for flavor

**Sore Throat:**

Cepacol

Cepasta

Salt Water gargle with warm water

Throat Lozenges

**Tooth pain:**

Oragel

**Yeast Infection:**

Monistat- 3 or 7

Terazol 3

Avoid: 1 day creams, and Diflucan in first trimester