

Lists of Safe Medications During Pregnancy

During pregnancy, it is common to experience heartburn, constipation, colds and other types of infections (yeast, urinary track, gingivitis) as well as day-to-day symptoms associated with hay fever or seasonal allergies. Listed below are some common medications approved for use in pregnancy, mostly over-the-counter drugs. This list is only a start. There are many medications that are safe that are not listed here. Please talk with your health care provider about any medications – prescription and over-the-counter – that you are taking.

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| Allergy | Benadryl (at night) Claritin, Zyrtec, Allegra (during the day) |
| Antacids | Tums/Roloids, Mylanta II/Maalox, Riopan, Zantac, Pepcid AC, Nexium, Prilosec |
| Sleep | Benadryl, Diphenhydramine |
| Vitamins | Any prenatal vitamin, Folic Acid (800 mg), Multivitamin (no megadoses), DHA supplements |
| Cold/Sore throat Symptoms | Robitussin, Robitussin DM, Mucinex, Cloraseptic Spray, Zyrtec, cough drops (all brands) |
| Diarrhea | Imodium (limited use) |
| Nasal Spray | Saline nasal spray/rinse, Flonase |
| Pain Reliever | Acetaminophen (Tylenol) |
| Yeast Treatment | Miconazole (Monistat), Clotrimazole (Gyne-Iotrimin), Terconazole (Terazol) |
| Nausea and Vomiting | Vitamin B-6 25 mg, Unisom 25 mg (doxylamine), Dramamine (dimenhydrinate), Antevort (meclizine), Diclegis (same as one Unisom tab plus one Vitamin B-6 tab) |
| Antibiotics | Amoxicillin, Ampicillin, Cephalexin, Penicillin, Erythromycin, Azithromycin (Z pack), Nitrofurantoin (not in 3 rd trimester) |
| Constipation | Docusate sodium or Colace 100mg twice daily, Miralax one capful every night, Metamucil/Fibercon, Milk of Magnesia |
| Hemorrhoids | Preparation H, Witch Hazel Pads (Tucks) |

Medications that should **NOT** be taken during pregnancy include:

- Pepto Bismol
- Aspirin
- Ibuprofen/Advil/Motrin
- Naproxyn (Aleve)
- Midrin (for migraines)
- Bactrim (antibiotic)
- Retin-A
- Narcotics (without checking with your provider)