



Medications in Pregnancy

Some medications are considered safe to take during pregnancy; the effects of other medications on your unborn baby are unknown. Therefore, it is very important to pay special attention to medications you take while you are pregnant, especially during the first trimester, an important time of development for your baby.

We recommend the following guidelines for medication use in pregnancy:

- Check with your health care provider about prescription medications and inform them of your pregnancy.
- Ask your health care provider about the safety of taking other vitamins, herbal remedies, and supplements during pregnancy.
- Prenatal Vitamins are available without a prescription and are safe to take during pregnancy. We recommend finding a prenatal vitamin with at least 400mcg of Folic Acid and DHA.
- Most herbal preparations and supplements have not been proven to be safe during pregnancy.
- Do not take any over-the-counter medication unless it is necessary.
- **Do not take Aspirin, Motrin (ibuprofen) or Aleve (naproxen) during pregnancy.**

Avoid in Pregnancy

- Avoid these herbal supplements and cosmetic products with these ingredients:

Arbor vitae	Ginseng	Senna
Beth root	Golden seal	Slippery Root
Black cohosh	Juniper	Tansy
Blue cohosh	Kava kava	White peony
Cascara	Licorice	Wormwood
Chaste tree berry	Meadow saffron	Yarrow
Chinese angelica (Dong Quai)	Pennyroyal	Yellow dock
Cinchona	Poke root	Vitamin A (large doses can cause birth defect)
Cotton root bark	Rue	
Feverfew	Sage	
	St. John's wort	

- Avoid these ingredients in topical (skin) products:

Retinol	Tretinoin	Adapalene	Tazarotene
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- Avoid these aromatherapy essential oils:

Calamus	Wintergreen	Marjoram
Mugwort	Basil	Thyme
Pennyroyal	Hyssop	
Sage	Myrrh	



Safe Medications by Condition in Pregnancy

The following medications and home remedies have no known harmful effects during pregnancy when taken **according to the package directions**.

** Please Note: No drug can be considered 100% safe to use during pregnancy. Check with your pharmacist or healthcare provider before taking new medications. **

Condition	Safe Medications
Allergy	<ul style="list-style-type: none"> • Benadryl (diphenhydramine) • Claritin (loratadine) – after 1st trimester • Zyrtec (cetirizine) – after 1st trimester • Flonase (fluticasone, nasal)
Cough, Cold and Flu	<p>Do not take "SA" (sustained action) forms of these drugs or the "Multi-Symptom" forms of these drugs. Choose alcohol free formulations as available.</p> <ul style="list-style-type: none"> • Warm Water / Saltwater Gargle • Saline Nasal Drops or Spray • Tylenol (acetaminophen) <ul style="list-style-type: none"> ○ Do not exceed 4000mg per day. • Sudafed (pseudoephedrine) <ul style="list-style-type: none"> ○ Avoid in first trimester. ○ Avoid with high blood pressure. • Afrin (oxymetazoline, nasal) <ul style="list-style-type: none"> ○ Short term, acute use only. ○ Avoid with high blood pressure. • Flonase (fluticasone, nasal) • Mucinex (guaifenesin) <ul style="list-style-type: none"> ○ Avoid in first trimester. ○ Choose alcohol-free formulation. • Robitussin (dextromethorphan) <ul style="list-style-type: none"> ○ Choose alcohol-free formulation. • Robitussin DM (guaifenesin and dextromethorphan) <ul style="list-style-type: none"> ○ Choose alcohol-free formulation. • Halls Cough Drops (menthol)
Constipation	<ul style="list-style-type: none"> • Fiber Supplements: <ul style="list-style-type: none"> ○ Metamucil (psyllium) ○ Citrucel (methylcellulose) ○ Benefiber (dextrin) ○ Fibercon (polycarbophil) • Colace (docusate)



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	<ul style="list-style-type: none"> • Laxatives: <ul style="list-style-type: none"> ○ Miralax (Polyethylene Glycol 3350) ○ Milk of Magnesia (Magnesium Hydroxide) ○ Senokot (Senna)
Diarrhea	<p>For 24 hours, only after 12 weeks of pregnancy:</p> <ul style="list-style-type: none"> • Imodium (loperamide, with or without simethicone)
First Aid Ointment	<ul style="list-style-type: none"> • Bacitracin • Polysporin (bacitracin, polymyxin)
Headache	<ul style="list-style-type: none"> • Tylenol (Acetaminophen) <ul style="list-style-type: none"> ○ Do not exceed 4000mg per day.
Heartburn	<ul style="list-style-type: none"> • Maalox / Mylanta (aluminum hydroxide, magnesium hydroxide, simethicone) • Tums (calcium carbonate) <ul style="list-style-type: none"> ○ Take at least 2 hours apart from prenatal vitamin. • Gaviscon (aluminum hydroxide, magnesium carbonate) • Pepcid AC (famotidine) <ul style="list-style-type: none"> ○ Only use after 12 weeks gestation
Hemorrhoids	<ul style="list-style-type: none"> • Preparation H cream (phenylephrine, pramoxine, glycerin, white petrolatum) • Anusol (hydrocortisone) – short-term use only • Tucks Pads (witch hazel) • Witch Hazel
Nausea and Vomiting	<ul style="list-style-type: none"> • Vitamin B6 (pyridoxine) <ul style="list-style-type: none"> ○ Take 25mg tab every 6-8 hrs. Do not exceed 200mg per day, including amount in prenatal vitamins. • Unisom SleepTabs (doxylamine) <ul style="list-style-type: none"> ○ Available in 25 mg tablets: take ½ tablet (12.5 mg) morning & afternoon and take 1 tablet (25 mg) at bedtime. • Sea Bands • Emetrol (fructose, dextrose, and phosphoric acid) <ul style="list-style-type: none"> ○ Not for use with diabetes • Ginger: ginger candy/gum, ginger root capsules 250 mg four times a day
Pain	<ul style="list-style-type: none"> • Tylenol (Acetaminophen) <ul style="list-style-type: none"> ○ Do not exceed 4000mg per day.
Rashes	<p>All rashes in pregnancy should be evaluated by your provider.</p> <ul style="list-style-type: none"> • Benadryl cream (diphenhydramine) • Caladryl lotion or cream (pramoxine, zinc) • Calamine • Hydrocortisone cream or ointment



	<ul style="list-style-type: none"> ○ Only a small amount on a small area for a short-term • Oatmeal bath (Aveeno Colloidal Bath Treatment)
Yeast Infection	<ul style="list-style-type: none"> • Monistat-7 (Miconazole) <ul style="list-style-type: none"> ○ 7-day treatment only in pregnancy.
Sleep	<ul style="list-style-type: none"> • Unisom SleepTabs (doxylamine) per label instructions • Benadryl (diphenhydramine) 25 mg at bedtime

Patient Resources

MotherToBaby

- Evidence-based information on the safety of medications and other exposures during pregnancy and while breastfeeding
- www.MotherToBaby.org

Pregnancy Exposure Info Line

- 877-311-8972

Clinical References

Evidence-based information on the safety of medications and other exposures during pregnancy and while breastfeeding
MotherToBaby.org
Lexicomp, 2022
UpToDate, 2022
Clinical Pharmacology, 2023