

Approved Pregnancy Medication List



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. Please contact your care center if you have additional questions.

Acne

Clindamycin
Topical Erythromycin
AVOID: Accutane, Retin-A, Tetracycline, Minocycline, Vitamin A in addition to prenatal vitamin

Allergy

(Plain formulas recommended)
Benadryl (Diphenhydramine)
Claritin (Loratidine)
Zyrtec (Cetirizine)
Nasal saline rinse

Antibiotics

Ceclor
Cephalosporins
E-mycins
Keflex
Macrobid/Macrodantin
Penicillin
Zithromax
Bactrim (*AVOID* in 3rd Trimester)
AVOID: Cipro, Tetracycline, Minocycline, Levaquin

Cold/Sinus

Saline nasal sprays
Vicks Vapor Rub
Benadryl
Robitussin DM (Dexomethrophan)
Mucinex (guaifenesin)
Chloraseptic spray
Bedside humidifier
Halls cough drops

Constipation

Miralax
Colace (Docusate Sodium)
Fibercon
Metamucil
Magnesium
Culturelle chewable probiotic
Citrucel

Diarrhea

Culturelle Chewable Probiotic
Imodium AD

Gas

Gas-X
Mylicon
Phazyme

Headache

Cold compress
Increased fluid intake
Tylenol (Acetaminophen) Regular or Extra Strength
Peppermint essential oil applied to temples (if no problem with high blood pressure)
Lavendar rice pack around neck

Heartburn/Upset Stomach

Avoid lying down for at least 1 hour after meals
Maalox
Mylanta
Pepcid AC (Famotidine)
Pepcid Complete
Rolaids
Tums (limit 6 per day)
Gaviscon
Prilosec
Aciphex

Hemorrhoids

Preparation H
Anusol/Anusol H.C.
Tucks (witch hazel) pads
Hydrocortisone OTC
Vaseline Lotion applied to tissue

Herpes

Acyclovir
Famvir
Valtrex

Leg Cramps

Tums

Lice

Rid
AVOID: Kwell

Nausea and Vomiting

Emetrol
Unisom (Doxylamine)
Diclegis
Vitamin B6
Dramamine
Ginger Root 250 mg, 4 x daily
Sea bands
High complex carbs at bedtime
Peppermint
Acupressure

Pain

Tylenol (Acetaminophen)
AVOID: Ibuprofen (Motrin, Advil) and Naprosyn (Aleve)

Rash

Benadryl
1% Hydrocortisone Cream

Sleep Issues

Benadryl
Unisom
Tylenol PM
Lavendar Essential Oil
Warm Milk-add vanilla or sugar for flavor

Tooth Pain

Oragel

Yeast Infection

(7 day creams preferred)
Monistat
Gyne-lotrimin
Terazol
AVOID: 1 day creams