

## COMMON MEDICATIONS SAFE IN PREGNANCY

**ACNE:** Benzoyl Peroxide  
Clindamycin  
Topical Erythromycin  
Salicylic Acid

**AVOID: Accutane**  
**Retin-A**  
**Tetracycline**  
**Minocycline**

**ANTIBIOTICS:**  
Ceclor  
Cephalosporins  
E-mycins  
Keflex  
Macrobid/Macrodantin  
Penicillin  
Zithromax

**AVOID: Cipro**  
**Tetracycline**  
**Minocycline**  
**Levaquin**

**CAFFEINE:**  
<200mg/day (equiv. to 1 cup of coffee or  
Approx. 3 12oz. sodas)

**COLDS/HAYFEVER:**  
Benadryl  
Claritin  
\*\*Claritin-D  
Chlor-Trimeton  
Dimetapp  
Drixoral-Non-Drowsy  
Mucinex (guaifenasin)  
Sudafed/Sudafed-12 Hour  
\*\*Sudafed PE Pseudoephedrine  
Tylenol Cold & Sinus  
Vicks Vapor Rub  
Zyrtec

**\*\*AVOID If Problems With Blood Pressure**

**CONSTIPATION:**  
Colace  
Dulcolax Suppository  
Fibercon  
Metamucil  
Miralax  
Senakot

**COUGH:**  
Cough Drops  
Phenergan w/ Codeine if Rx'd  
Robitussin (Plain & DM formulas)

**CRABS/LICE:**  
RID  
**AVOID:** Kwell

**DIARRHEA:**  
Kao-Pectate  
Imodium AD  
**PUSH FLUIDS**

**FEVER:** Tylenol (Regular or Extra Strength)  
Extra Strength-Do not exceed 8tabs/24H  
Regular-Do not exceed 12tabs/24H  
Tylenol Sinus  
Tylenol PM

**GAS:** Gas-X  
Mylicon  
Phazyme

**HEADACHES:**  
ASA-Free Excedrin  
Cold Compress  
Tylenol (Regular or Extra Strength)

**HEARTBURN:** Avoid lying down for at least 1 hour after meals  
Aciphex  
Maalox  
Milk of Magnesia  
Mylanta  
Pepcid  
Pepcid Complete  
Prevacid  
Prilosec  
Rolaids  
Tums (limit 4/day)  
Zantac

**HEMORRHOIDS:**

Anusol/Anusol H.C.  
(RX: Analapram 2.5%)  
Hydrocortisone OTC  
Preparation H  
Tucks  
Vaseline lotion applied to tissue w/ wiping

**HERPES:**

Acyclovir  
Famvir  
Valtrex

**LEG CRAMPS:**

Benadryl

**NASAL SPRAY:**

Saline Nasal Spray

**NAUSEA:**

Vitamin B6 25mg TID  
Dramamine  
Emetrol  
Ginger Root 250mg QID  
High Complex Carbs @ Bedtime  
Sea Bands – Accupressure  
Unisom ½ tab TID

**PAIN:**

Darvocet  
Lortab  
Percocet  
Tramadol  
Tylenol 3  
Ultram  
Vicodin

**RASH:**

Benadryl  
1% Hydrocortisone Cream

**SLEEP AIDS:**

Ambien  
Benadryl  
Chamomile Tea  
Unisom  
Tylenol PM  
Warm milk-add vanilla or sugar for taste

**SUGAR SUBSTITUTES:**

Ok in moderation

**THROAT:**

Cepacol  
Cepastat  
Salt Water Gargle w/ warm water

**TOOTH PAIN:**

Oragel

**VACCINES:**

Flu Shot  
\*Gardasil  
Hepatitis A  
Hepatitis B  
Pneumovax  
Polio Booster  
Tetanus  
Tuberculosis test or ppd

**AVOID:** \*Gardasil

Live Poliovirus  
MMR (measles, mumps & rubella)  
Varicella (chickenpox)

\*No known complications if received before known  
Pregnancy; resume series after delivery

**YEAST:**

Femstat  
Gyne-lotrimin  
Monistat

**MISC:**

All Sunscreens  
Hair coloring/highlights  
Insect Repellants (including DEET)  
Mystic Tans