

Lists of Safe Medications During Pregnancy

During pregnancy, it is common to experience heartburn, constipation, colds, yeast infections, vaginitis, etc., as well as day-to-day symptoms associated with hay fever or seasonal allergies. Listed below are some common over-the-counter medications approved for use in pregnancy. 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.

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

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)