

**Common medications with reasonable safety profile
to use during pregnancy:**

Antibiotics

Penicillin
Ampicillin
Erythromycin
Azithromycin
Macrobid

Allergies

Diphenhydramine (Benadryl®)
Cetirizine (Zyrtec®)
Loratadine (Claritin®)

Asthma

Short-acting bronchodilators like: Albuterol (Proventil®, Ventolin®) and Levalbuterol (Xopenex®)
Inhaled corticosteroids like: Fluticasone (Flovent®, Flonase®) and Budesonide (Pulmicort®)

Cold sores

Acyclovir (Zovirax®)
Valacyclovir (Valtrex®)
Abreva®

Common Cold

Acetaminophen (Tylenol®/Extra-Strength Tylenol®)
Guaifenesin (Mucinex®)
Pseudoephedrine (Sudafed®)- use if >12 weeks pregnant
Tylenol® Cold/Sinus

Congestion

Cetirizine (Zyrtec®)
Loratadine (Claritin®)
Neti-pot
Saline-based nasal spray or drops

Constipation

Docusate sodium stool softener (Colace®)
Methylcellulose (Citrucel®)
Polyethylene glycol (Miralax®)
Psyllium (Metamucil®)

Cough

Cough drops

Dextromethorphan (Robitussin®DM)

Dental Care

Routine dental cleaning is safe and recommended in pregnancy.

Lidocaine and certain antibiotics for dental procedures/infections can be safely given in pregnancy

Headaches/Fever/Pain

Acetaminophen (Tylenol®/Extra-Strength Tylenol®)

**Avoid 325mg aspirin, ibuprofen, naproxen, Motrin®, Aleve® Advil®

Heartburn/Gas

Aluminum hydroxide/magnesium carbonate (Gaviscon®)

Aluminum hydroxide/magnesium hydroxide (Maalox® or Mylanta®)

Calcium Carbonate (Tums®)

Calcium carbonate/magnesium carbonate (Rolaids®)

Famotidine (Pepcid®)

Omeprazole (Prilosec®)

Simethicone (Gas-X® or Mylicon®)

**Avoid *Bismuth subsalicylate (Pepto Bismol®)*

Hemorrhoids

Hydrocortisone cream (Anusol-HC®)

Epsom salt sitz baths

Phenylephrine cream (Preparation H®)

Witch Hazel pads/ointments (Tucks® pads/ointments)

Insect Repellent

N,N-diethyl-meta-toluamide (DEET®)

Nausea/Vomiting in Pregnancy

Dimenhydrinate (Dramamine®)

Doxylamine (Unisom®)

Ginger chews

Vitamin B6

Rash

Calamine lotion
Diphenhydramine (Benadryl®) -either oral or topical
Hydrocortisone cream/ointment
Oatmeal Bath (Aveeno®)

Skin care

Benzoyl peroxide
Cleocin topical
*** Avoid salicylic acids, Retin A , or retinols*

Sleep problems

Acetaminophen & Diphenhydramine (Tylenol® PM)
Dimenhydrinate (Dramamine®)
Diphenhydramine (Benadryl®)
Doxylamine (Unisom®)

Sore Throat

Benzocaine sprays or lozenges (Chloraseptic®, Cepacol®, Halls®)
Warm salt/water gargle

Minor Skin Cut/Abrasion

Bacitracin ointment
Neosporin®

Vaccines

Flu and Covid vaccines are safe and effective ways to prevent illness in pregnancy

Vitamins

Prenatal Vitamins (Please take only the recommended dose)
*** Do not take additional vitamins or supplements unless prescribed by your obstetric provider.*

Yeast Infections

Clotrimazole cream or suppositories
Miconazole cream or suppositories (Monistat®)

Please note:

The above medications have a reasonable safety profile in pregnancy. Medical science continues to evolve and further data regarding use of select medications in pregnancy may evolve.

If you have any questions, please feel free to reach out to your obstetric provider.