



*Women's Health Specialists*

# Medications in Pregnancy

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While 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, a crucial time of development for your baby.

If you were taking **prescription medications** before you became pregnant, please ask your health care provider about the safety of continuing these medications as soon as you find out that you are pregnant. Your health care provider will weigh the benefit to you and the risk to your baby when making his or her recommendation about a particular medication. With some medications, the risk of not taking them may be more serious than the potential risk associated with taking them.

If you are prescribed any **new medication**, please inform your health care provider that you are pregnant. Be sure to discuss the risks and benefits of the newly prescribed medication with your health care provider before taking the medication.

Questions regarding exposure to chemicals, drugs, or other agents and their potential effects to your baby should be directed to the **Teratogen Hot-Line: (800) 532-3749**.

## Are Alternative Pregnancy Medicine Therapies Safe?

Many pregnant women believe "natural" products can be safely used to relieve nausea, backache, and other annoying symptoms of pregnancy, but many of these so-called natural products have not been tested for their safety and effectiveness in non-pregnant women, much less in pregnant women. Therefore, it is very important to check with your health care provider before taking any alternative therapies. She will not recommend a product or therapy until it is shown to be safe and effective.

## Which Over the Counter Drugs Are Safe?

**Prenatal vitamins**, now available without a prescription, are safe to take during pregnancy. Ask your health care provider about the safety of taking other vitamins, herbal remedies and supplements during pregnancy. Generally, you should not take any over-the-counter medication unless it is necessary.

The following medications and home remedies have no known harmful effects during pregnancy when taken according to the package directions. If you want to know about the safety of any other medications not listed here, please contact your health care provider.

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Problem	Safe to take
<b>Pain relief, headache, and fever</b>	Acetaminophen – Tylenol, Anacin Aspirin-Free
<b>Heartburn</b>	Acid neutralizers – Maalox, Mylanta, Roloids, Tums, Gaviscon Histamine-blockers – Pepcid, Zantac, Prilosec
<b>Gas pains and bloating</b>	Simethicone – Gas-X, Maalox Anti-Gas, Mylanta Gas, Mylicon
<b>Nausea</b>	Ginger – beverages, tablets, candies Vitamin B6 Emetrol (if not diabetic) Sea bands Anti-histamines – Sleep-eze, Benadryl, Bonnine, Dramamine
<b>Cough</b>	Guaifenesin (expectorant) – Hytuss, Mucinex, Robitussin Dextromethorphan (antitussive) – Benylin, Delsym, Scot-Tussin DM Guaifenesin plus dextromethorphan – Benylin Expectorant, Robitussin DM
<b>Congestion</b>	Pseudoephedrine – Sudafed, Actifed, Dristan, Neosynephrine Vicks VapoRub Saline nasal drops or spray
<b>Sore throat</b>	Throat lozenges – Sucrets, Cepacol, Cepastat, Ricola Chloroseptic Spray Warm salt/water gargle
<b>Allergy relief</b>	Chlorpheniramine – Chlor-Trimeton, Triaminic Loratadine – Alavert, Claritin, Tavist ND, Triaminic Allerchews Cetirizine – Zyrtec Diphenhydramine – Benadryl, Diphenhist
<b>Rashes</b>	Hydrocortisone cream or ointment Caladryl lotion or cream Benadryl cream Oatmeal bath (Aveeno)
<b>Diarrhea</b>	Loperamide – Imodium, Kaopectate II, Maalox Anti-Diarrheal, Pepto Diarrhea Control
<b>Constipation</b>	Fiber supplements – Metamucil, Citrucel, Fiberall/Fibercon, Benefiber Stool softeners – Colace, Senekot, Dulcolax Milk of Magnesia
<b>Hemorrhoids</b>	Warm baths Witch hazel preparations – Tucks medicated pads Steroid preparations – Anusol-HC, Preparation H
<b>Insomnia</b>	Diphenhydramine – Benadryl, Unisom SleepGels, Nytol, Sominex Doxylamine succinate – Unisom Nighttime Sleep-Aid
<b>First-aid ointments</b>	Cortaid, Lanacort, Polysporin, Bacitracin, Neosporin
<b>Yeast infections</b>	Call office for appointment
<b>*Please Note: No drug can be considered 100% safe to use during pregnancy. *If diabetic, choose sugar-free medications</b>	

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