



WOMEN'S HEALTH ADVANTAGE

MEDICATIONS IN PREGNANCY

Approved Medications During Pregnancy After the First Trimester (14 weeks)

Do not take any medications (over the counter or prescription) in the first trimester other than prenatal vitamins, Tylenol, and the medications listed under "Nausea" without discussing with your physician first. If you have a medical condition for which you routinely take medication, check with both the ordering physician and your obstetrician regarding continuing the medication.

Prenatal Vitamins

Any OTC (over the counter) prenatal vitamins. We can also give you a prescription for FREE prenatal vitamins at Meijer. DHA is an optional addition to your prenatal vitamin and can be obtained in a separate pill. DHA can be found in fish oil, some plant-based vitamins and Expecta DHA.

Acne

Clindamycin

Topical erythromycin

Avoid: Accutane, Retin-A, Tetracycline, Minocycline

Antibiotics

The following medications have been approved to take during pregnancy. Please take as directed by your prescribing physician.

Amoxicillin	Keflex
Augmentin	Macrobid/Macroclantin
Ceclor	Metrogel
Cephalosporins	Miconazole (Monistat)
Clotrimazole	Penicillin
Diflucan*	Terconazole (Terazol)
Erythromycin	Zithromax
Flagyl (metronidazole)*	

Avoid: Cipro, Levaquin, Minocycline, Tetracycline

** Use may be limited to certain trimesters, call office before using.*

Allergies

Benadryl

Claritin

Flonase

Nasonex

Rhinocort

Zyrtec

Anemia

Ferrous Sulfate

Feosol

Iron Supplements

Asthma

Albuterol

Proventil

Ventolin

Colds/Upper Respiratory Infections

Benadryl

Dextromethorphan

Guaifenesin

Mucinex (guaifenesin), Mucinex DM

Robitussin 12h, Robitussin DM

Robitussin Max Strength Nighttime Cough DM

Vicks DayQuil/NyQuil Cough

Vicks DayQuil Mucus Control DM

VapoDrops

Constipation

Benefiber
Citrucel
Colace
Dulcolax suppositories
Fibercon
Glycerin suppositories
Metamucil
Miralax
Senokot-S

Diarrhea

Keep hydrated and call primary care physician as needed
Imodium (*Use only if diarrhea is debilitating and for a limited time*).

Gas

Gas-X, Mylicon, Phazyme

Headaches or Fever

Acetaminophen/Tylenol (regular or extra strength)

Heartburn

Maalox, Mylanta, Milk of Magnesia
Pepcid
Prevacid
Prilosec
Rolaids
Tums (limit 4/day)

Hemorrhoids

Anusol/Anusol HC (Prescription Analapram 2.5%)
Hydrocortisone OTC
Preparation H
Tucks with witch hazel

Herpes

Zovirax (Acyclovir)
Famvir (Famciclovir)
Valtrex (Valacyclovir)

Nasal Spray

Nasal saline spray

Nausea

Vitamin B6 25-50 mg 3 times daily (*You will need to break the 100 mg OTC tablets into halves or fourths*).
Unisom 1/2 tablet at bedtime
Vitamin B6 and Unisom at bedtime
Dramamine
Ginger pops or capsules 250 mg 4 times daily
Sea Bands – Acupressure
Zofran

Pain

Acetaminophen/Tylenol (regular or extra strength)
Narcotic medications should only be used when prescribed for a legitimate medical problem by a doctor for a short period of time.

Rash

Benadryl cream or tablets
1% Hydrocortisone cream

Sleep Aids

Benadryl
Unisom
Tylenol PM

Throat

Cepacol
Salt water gargle with warm water
Throat lozenges

Tooth Pain

Oragel

Yeast Infections

Clotrimazole (3 or 7 days)
Diflucan*
Miconazole (Monistat-3 or 7)
Terconazole (Terazol-7)

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Essential oils and herbal remedies are not well studied in pregnancy and therefore not recommended. Please ask your obstetrician if you have any specific questions regarding these.