



## **Bedford Commons OB-GYN**

### **Approved Medications for the Pregnant Woman**

#### *Allergies*

Claritin (Not Claritin D)  
Bendryl  
Zyrtec

#### *Analgesia (pain relief)*

Tylenol

#### *Antibiotics*

Amoxicillin  
Penicillin  
Macrobid  
Erythromycin  
Keflex

#### *Asthma*

All asthma medications

#### *Cold Remedies*

Sudafed (pseudoephedrine) - may use after the 1<sup>st</sup> trimester  
Robitussin (guaifenesin)  
Vicks vapor rub  
Throat lozenges (any brand)  
Afrin nasal spray (three day limit)  
Airborne  
Mucinex  
Breathright Nasal Strips

\*some cold remedies need to be obtained by asking the pharmacist

#### *Constipation*

Milk of Magnesia  
Metamucil  
Colace (docusate sodium)

#### *Diarrhea*

Immodium

#### *Hemorrhoids*

Proctofoam  
Preparation H  
Anusol  
Tucks

### *Nausea and Vomiting*

- Emetrol
- Gatorade
- Vitamin B6 (50mg 3x a day)
- Peppermint & ginger tea
- Peppermint
- Ginger capsules
- Unisom

### *Vaccines*

- Influenza
- Hepatitis B
- Hepatitis A
- Tetanus/Diphtheria

In general, it is our recommendation that you avoid unnecessary medication use in pregnancy, especially in the first trimester when the embryo is developing. Due to ethical considerations, medications have not been scientifically studied in human pregnancy. Knowledge about medication use in pregnancy comes from animal studies or experience with select women (i.e., the woman with asthma). Keep in mind even over-the-counter preparations, herbal remedies, and vitamin therapies may not be without risk.

Before stopping any medication, it is recommended that you discuss this with your health care provider. There are instances in which the benefit of medication use may out-weigh the known or unknown risk.

An informative website on exposures during pregnancy and the potential effects to the developing fetus is [www.thepeil.org](http://www.thepeil.org)