



Bedford Commons OB-GYN

Approved Medications for Pregnant Women

Allergies

Claritin (*loratadine*) – Not Claritin D
Benadryl (*diphenhydramine*)
Zyrtec (*cetirizine hydrochloride*)
Allegra (*fexofenadine*)
Flonase (*fluticasone nasal spray*)

Analgesia (pain relief)

Tylenol (*acetaminophen*)
Magnesium (for headaches)
Reglan (*metoclopramide, for headaches*)

Antibiotics/Antivirals

Amoxicillin
Augmentin (*amoxicillin/clavulanate*)
Flagyl (*metronidazole*)
Penicillin
Macrobid (*nitrofurantoin*)
Erythromycin
Keflex (*cephalexin*)
Tamiflu (*oseltamivir*)
Valtrex (*valacyclovir*)
Zithromax (*azithromycin*)

Cold Remedies

Robitussin (*dextromethorphan*)
Tylenol PM
Vicks vapor rub
Throat lozenges (any brand)
Afrin nasal spray (three day limit)
Airborne
Emergen-C
Mucinex (*guaifenesin*)
Breathright Nasal Strips

Constipation

Milk of Magnesia (*magnesium hydroxide*)
Metamucil
Colace (*docosate sodium*)
Miralax (*polyethylene glycol*)

Diarrhea

Immodium (*loperamide*)

Hemorrhoids

Proctofoam (*hydrocortisone and pramoxine*)
Preparation H (*hydrocortisone*)
Anusol (*hydrocortisone*)
Tucks (*witch hazel*)

Indigestion

Tums (*dicarbosil*)
Gas-X (*simethicone*)
Maalox (*aluminum hydroxide and magnesium hydroxide*)
Rolaids (*dicarbosil*)
Pepcid (*famotidine*)
Prevacid (*lansoprazole*)
Mylanta (*aluminum hydroxide*)
Riopan plus simethicone (*magaldrate*)

Nausea and Vomiting

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

Asthma

All asthma medications

Topical

Hydrocortisone cream
Clindamycin cream
Proactiv
IcyHot/ThermaCare/Biofreeze

Vaccines

Influenza
Hepatitis B
Hepatitis A
Tetanus/Diphtheria/Pertussis (Tdap)
COVID vaccines

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, many 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.