

## Common Medications Safe In Pregnancy

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| <p><b>Acne</b><br/>Benzoyl Peroxide<br/>Topical Erythromycin<br/>Salicylic Acid/Glycolic acid<br/><b>AVOID: Accutane</b><br/><b>Retin-A</b><br/><b>Tetracycline</b><br/><b>Minocycline</b></p>                           | <p><b>Antibiotics</b><br/>Ceclor<br/>Cephalosporins<br/>E-mycins<br/>Keflex<br/>Macrobid/Macrodantin<br/>Penicillin<br/>Zithromax<br/><b>AVOID: Cipro</b><br/><b>Tetracycline</b><br/><b>Minocycline</b><br/><b>Levaquin</b></p> | <p><b>Colds/Allergies</b><br/>Benadryl, Claritin, Zyrtec<br/>Claritin-D**<br/>Chlor-Trimeton, Dimetapp<br/>Mucinex (guaifenasin)<br/>Sudafed**/Sudafed-12 Hour**<br/>Sudafed PE Pseudoephedrine<br/>Tylenol Cold &amp; Sinus**<br/>Vicks Vapor Rub<br/><b>**AVOID if problems with blood pressure</b></p> |
| <p><b>Constipation</b><br/>Colace, Miralax, Senakot<br/>Dulcolax, Lactulose<br/>Fibercon, Metamucil</p>  | <p><b>Cough</b><br/>Cough Drops<br/>Robitussin</p>   | <p><b>Gas</b><br/>Simethicone<br/>(Gas-X, Phazyme, Mylicon)</p>   |
| <p><b>Headaches</b><br/>Cold Compress<br/>Tylenol<br/>(Regular or Extra Strength)<br/>Acetaminophen</p>  | <p><b>Heartburn (Avoid laying down for at least 1 hour after meals)</b><br/>Maalox, Mylanta,<br/>Pepcid, Milk of Magnesia<br/>Pepcid Complete<br/>Prevacid, Prilosec, Roloids<br/>Zantac<br/>Tums (limit 4/day)</p>              | <p><b>Hemorrhoids</b><br/>Anusol/Anusol H.C.<br/>(RX: Analapram 2.5%)<br/>Hydrocortisone<br/>Preparation H, Tucks<br/>Vaseline lotion applied to tissue</p>   |
| <p><b>Herpes</b><br/>Acyclovir<br/>Famvir<br/>Valtrex</p>  | <p><b>Lice</b><br/>Permethrin (Nix, Rid)</p>   | <p><b>Nasal Spray</b><br/>Saline Nasal Spray</p>  |
| <p><b>Nausea</b><br/>Vitamin B6 25mg 3x daily<br/>Unisom 1/2 tablet 4 x daily<br/>Vitamin B6 25mg 4x daily<br/>(Unisom &amp; Vitamin B6 may be taken together)<br/>Dramamine, Emetrol<br/>Ginger Root 250mg 4x daily</p> | <p><b>Pain</b><br/>Tylenol<br/><b>AVOID: Ibuprofen, Aspirin</b></p> <p><b>Rash</b><br/>Benadryl<br/>1% Hydrocortisone Cream</p>  | <p><b>Sleep Aids</b><br/>Benadryl<br/>Chamomile Tea<br/>Unisom, Tylenol PM</p>  |
| <p><b>Throat</b><br/>Cepacol<br/>Cepastat<br/>Salt Water Gargle with warm water<br/>Throat Lozenges</p>  | <p><b>Tooth Pain</b><br/>Oragel</p>  | <p><b>Yeast Infection</b><br/>Gyne-Iotrimin, Monistat-3<br/><b>AVOID: 1 Day Creams</b></p>  |