

# MEDICATIONS THAT ARE SAFE DURING PREGNANCY

## Antibiotics

- Penicillin, Azithromycin (Z-Pack), Cephalexin (Keflex), nitrofurantoin (Macrobid), Amoxicillin, Augmentin

## Cold and Flu

- Diphenhydramine (Benadryl)
- Guaifenesin
- Robitussin DM (Dextromethmorphan)
- Cepacol Lozenges (Benzocaine Lozenges) for sore throat/cough
- Acetaminophen (Tylenol)

## Nausea and Vomiting

- Take Vitamin B6 and ½ of a Unisom SleepTab (Doxylamine) up to 3x/day
- Compazine (prochlorperazine)
- Reglan (metoclopramide)
- Phenergan (Promethazine)
- Zofran (Ondansetron)

## Yeast Infections

- Any OTC antifungal cream ie Monistat longer the course (more days) the better

## Allergy/Congestion

- Diphenhydramine (Benadryl)
- Loratidine (Claritin)
- Cetirizine (Zyrtec)
- Flonase
- Fexofenadine (Allegra)

## Acne

- Benzoyl Peroxide
- Azelaic Acid
- Topical clindamycin

## Constipation

- Docusate (Colace) up 2x/ day
- Psyllium (Metamucil)
- Polycarbophil (FiberCon)
- Milk of Magnesia

## Diarrhea

- Loperamide (Imodium)
- Kaopectate

## Gas

- Simethicone (Mylicon, Gas-X)
- Calcium carbonate (Tums, Rolaids)

## Heartburn

- Mylanta, Maalox and Tums
- Famotidine (Pepcid)
- Omeprazole (Prilosec)

## Itching

- Diphenhydramine tablet (Benadryl)
- 1% Hydrocortisone cream or ointment
- Oatmeal bath (Aveeno)
- Calamine Lotion
- Please notify the office if you find no relief after 24 hours.

**Flu Shot** - The Flu Shot is strongly recommended for all pregnant women.

**Tdap Vaccine** - The Tdap vaccine is strongly recommended for all pregnant women in the third trimester of pregnancy. Get the vaccine any time after 27 weeks and before 36 weeks of pregnancy.