

Over-the-Counter Medications Thought to be Safe During Pregnancy

Fever

Acetaminophen (Tylenol)

Cough and cold

Expectorant: Guaifenesin (Mucinex)
Suppressant: Dextromethorphan (Vicks 44, NyQuil)
Combination: (Robitussin DM)

Allergy: Antihistamines

Chlorpheniramine (Chlor-Trimeton)
Loratadine (Alavert, Claritin)
Diphenhydramine (Benadryl)

Pain

Acetaminophen (Tylenol)

Nausea

Phosphoric acid (Emetrol)
Vitamin B6

Heartburn

Antacids (Maalox, Mylanta, Rolaids, Tums)

Gas pains

Simethicone (Gas-X, Mylicon)

Constipation

Psyllium (Metamucil)
Fiber (Citrucel)
Other (Colace, Dulcolax, Milk of Magnesia)

Hemorrhoids

Steroid astringents (Anusol, Preparation H, Tucks)

Diarrhea

Loperamide (Imodium, Kaopectate)

Skin problems

Rash: hydrocortisone (Cortaid, Lanacort)
Antibiotic/antiseptic (Bactine, Polysporin)
Acne: Benzoyl peroxide (Clearasil, Oxy 5)

Insomnia

Diphenhydramine (Benadryl, Sominex)
Doxylamine (Unisom SleepTabs)

Prescription Antibiotics During Pregnancy

Category B - Probably safe:

Amoxicillin	Cephalexin (Keflex)	Sulfa drugs (until near term)
Ampicillin	Cefaclor (Ceclor)	Famciclovir (Famvir)
Amoxicillin-clavulanate (Augmentin)	Cefadroxil (Duricef)	Acyclovir (Zovirax)
Dicloxacillin	Clindamycin (Cleocin)	Valacyclovir (Valtrex)
Nitrofurantoin (Macrobid)	Erythromycin	Clotrimazole (Lotrimin)
Metronidazole (Flagyl)	Azithromycin (Zithromax)	

Category C - Unknown; use if medically necessary and no alternative:

Bactrim	Miconazole (Monistat)	Vaccines: tetanus, hepatitis A, hepatitis B,
Trimethoprim	Terconazole (Terazol)	influenza, meningococcus, pneumococcus,
Clarithromycin (Biaxin)	Isoniazid	polio, MMR (measles, mumps, rubella)
Ciprofloxacin (Cipro)	Rifampin	
Fluconazole (Diflucan)	Mebendazole (Vermox)	

Category D - Not safe:

Tetracycline, doxycycline (Vibramycin), minocycline (Minocin) Sulfa drugs - if near delivery (Bactrim)

Bad Herbs for Pregnancy

Black Cohosh
Blue Cohosh
Dong Quai
Ephedra/ Ma-huang
Feverfew
Goldenseal
Licorice root
Pau D'Arco
Pennyroyal
Poke root
Tansy
Yohimbe

Good Herbs For Pregnancy

Alfalfa
Black haw
Dandelion
Fennel seed
Ginger
Motherwort
Nettles
Peppermint
Red clover
Red raspberry leaf
Wild yam
Yellow dock