

# MEDICATIONS THAT ARE SAFE IN PREGNANCY

Most over-the-counter medications are safe in pregnancy otherwise they would not be available for women to take who may not realize that they are pregnant. Many prescription medications are safe as well. There are some exceptions, and the following is a brief list of our suggestions of the medications to avoid and to try for the common problems that can come up while pregnant.

- It is best to avoid all medications in the 1<sup>st</sup> trimester (unless deemed necessary by Dr. Binford at your 1<sup>st</sup> prenatal visit) while the most important fetal development is occurring. If you are ill and need treatment while in your 1<sup>st</sup> trimester, please call the office to discuss what is reasonable and safe to take from the list below. You do not need to call before taking any of the medications below once you have passed 12 weeks of pregnancy.
- Colds/Allergies—TRY: Actifed, Sudafed, Tylenol Cold & Sinus, Claritin plain & D, Clarinex, Zyrtec, benadryl, Tylenol PM, Robitussin DM, Mucinex plain & DM, throat lozenges, saline nasal spray and prescription steroid nasal sprays such as Nasocort. Allergy shots may be continued by your allergist while pregnant (if given immediately prior to pregnancy). AVOID: Allegra and Afrin.
- Headache/Pain/Fever—TRY: extra-strength Tylenol. AVOID: aspirin, ibuprofen, and prescription migraine medications. For fever over 100.4 degrees, call the office.
- Diarrhea—TRY: Kaopectate or Immodium AD. Call the office if diarrhea is severe and not helped by these medications.
- Constipation—TRY: fiber supplements like Metamucil, stool softeners like Colace. AVOID: laxatives which can cause intestinal as well as uterine contractions.
- Indigestion/Heartburn—TRY: Tums, Mylanta, Maalox. Zantac and Pepcid can be used, but discuss with the doctor first.
- Vaginal infections—It is best to discuss all vaginal symptoms with the doctor. Often testing is necessary to determine if fungal or bacterial so that the proper treatment can be started. Over-the-counter antifungals like Monistat are safe, but may not be what is needed.