

MEDICATIONS SAFE TO USE DURING PREGNANCY

The following medication lists are general guidelines for the use of some over-the-counter and prescription medications during pregnancy. These products are safe to use for no more than the recommended dose during your entire pregnancy. You should take the minimal dose that is effective. There are occasional specific medical situations (allergies, drug sensitivities, etc.) which may require individualization. **Medications not listed must be discussed with your obstetrician prior to use.**

The following medications and over-the-counter products are safe to use in the usual dose during your entire pregnancy, assuming you have no allergies:

- Tylenol, Extra-Strength Tylenol
- Robitussin DM, Delsym
- Claritin, Zyrtec, Flonase
- Kaopectate, Immodium
- Metamucil, Colace
- Dramamine (dimenhydrinate)
- Omega 3
- Zicam
- Gas X, Mylicon, Simethicone (80 mg)
- Benadryl 25-50 mg (diphenhydramine)
- Neosynephrine, Nasonex
- Nexium, Prevacid, Tums, Cimetidine
- Cough Drops, Throat drops
- Cloraseptic Throat Spray
- Ginger Root

These antibiotics are also safe to use throughout the pregnancy:

- Erythromycin, Amoxicillin, Z-pack (Azithromycin), Keflex, Macrobid (unless you have a rare disorder called G6PD deficiency)

The following medication/over-the-counter products are safe to use in the usual recommended dose AFTER YOUR FIRST TRIMESTER (AFTER 12 WEEKS OF PREGNANCY):

- Tylenol Cold
- Sudafed, Sudafed 12 hour
- Prilosec
- Monistat