

# Safe Medications

Listing of Safe Medications To Take During Pregnancy

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| <p><b>Acne</b></p> <p>Over the Counter</p> <ul style="list-style-type: none"> <li>• OTC preparations</li> </ul> <p>Prescription Medications</p> <ul style="list-style-type: none"> <li>• Clindamycin</li> <li>• Erythromycin – topical</li> <li>• Finacea – avoid in 1st trimester</li> </ul>       | <p><b>Allergies</b></p> <p>Over the Counter</p> <ul style="list-style-type: none"> <li>• Benadryl</li> <li>• Claritin</li> <li>• Flonase</li> <li>• Nasonex</li> <li>• Nasacort</li> <li>• Zyrtec</li> </ul> <p>Prescription Medications</p> <ul style="list-style-type: none"> <li>• Sensitization shots</li> </ul>  |
| <p><b>Anesthesia</b></p> <p>Prescription Medications</p> <ul style="list-style-type: none"> <li>• Novocain</li> </ul>   | <p><b>Anti-Depressants</b></p> <p>Prescription Medications</p> <ul style="list-style-type: none"> <li>• Discuss with Provider</li> </ul>  |
| <p><b>Antibiotics</b></p> <p>Prescription Medications</p> <ul style="list-style-type: none"> <li>• Augmentin</li> <li>• Erythromycin</li> <li>• Keflex</li> <li>• Pen V-K</li> <li>• Macrochantin</li> <li>• Macrobid</li> <li>• Penicillin (all penicillin family)</li> <li>• Zithromax</li> </ul> | <p><b>Cold/Congestion/Cough/Allergies</b></p> <p>Over The Counter</p> <ul style="list-style-type: none"> <li>• Actifed – not in 1st trimester</li> <li>• Benadryl</li> <li>• Mucinex</li> <li>• Ocean Nasal Spray</li> <li>• Robitussin/Robitussin-DM</li> <li>• Sudafed – not in 1st trimester</li> <li>• Throat lozenges – Halls, Ricola</li> <li>• Tylenol Sinus – not in 1st trimester</li> </ul> |
| <p><b>Constipation</b></p> <p>Over The Counter</p> <ul style="list-style-type: none"> <li>• Citrucel</li> <li>• Colace (occasional)</li> <li>• Metamucil or wafer</li> <li>• Milk of Magnesia (occasional)</li> <li>• Miralax</li> <li>• Senokot</li> </ul>   | <p><b>Diarrhea</b></p> <p>Over The Counter</p> <ul style="list-style-type: none"> <li>• Discuss with Provider</li> </ul> <p><b>Hemorrhoids</b></p> <p>Over The Counter</p> <ul style="list-style-type: none"> <li>• Anusol HC or plain</li> <li>• Preparation – H</li> </ul>  |

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| <p><b>Heartburn</b></p> <p>Over The Counter</p> <ul style="list-style-type: none"> <li>• Maalox</li> <li>• Mylanta</li> <li>• Pepcid</li> <li>• Roloids</li> <li>• Tums</li> <li>• Zantac</li> </ul>   | <p><b>Inhalers</b></p> <p>Prescription Medications</p> <ul style="list-style-type: none"> <li>• Albuterol</li> <li>• Beconase</li> <li>• Budesonide</li> <li>• Ventolin</li> <li>• Vancenase Nasal Spray</li> </ul>   |
| <p><b>Insect Repellent</b></p> <p>Over The Counter</p> <ul style="list-style-type: none"> <li>• DEET (decrease use in 1st trimester, minimal dosing)</li> </ul>  | <p><b>Lice</b></p> <p>Over The Counter</p> <ul style="list-style-type: none"> <li>• RID Shampoo (caution/minimal use)</li> </ul>  |
| <p><b>Nausea</b></p> <p>Over The Counter</p> <ul style="list-style-type: none"> <li>• Unisom and Vitamin B6</li> </ul> <p>Prescription Medications</p> <ul style="list-style-type: none"> <li>• Discuss with care provider</li> </ul>  | <p><b>Nausea in Travel</b></p> <p>Over The Counter</p> <ul style="list-style-type: none"> <li>• Benadryl</li> <li>• Dramamine</li> </ul>  |
| <p><b>Pain</b></p> <p>Over The Counter</p> <ul style="list-style-type: none"> <li>• Tylenol regular strength</li> <li>• Tylenol PM</li> </ul> <p>Prescription Medications</p> <ul style="list-style-type: none"> <li>• Hydrocodone</li> <li>• Noroc</li> <li>• Oxycodone</li> <li>• Percocet</li> <li>• Vicodin</li> </ul> | <p><b>Skin</b></p> <p>Over The Counter</p> <ul style="list-style-type: none"> <li>• Benadryl Gel</li> <li>• Caladryl</li> <li>• Calamine</li> <li>• Cortaid</li> <li>• Hydrocortisone 1%</li> </ul> <p>Prescription Medications</p> <ul style="list-style-type: none"> <li>• Mantoux</li> </ul> |
| <p><b>Skin – Herpes</b></p> <p>Prescription Medications</p> <ul style="list-style-type: none"> <li>• Acyclovir</li> <li>• Denavir (cold sores)</li> <li>• Valtrex</li> <li>• Zovirax</li> </ul>  | <p><b>Vaccines</b></p> <p>Prescription Medications</p> <ul style="list-style-type: none"> <li>• Flu vaccine – Not nasal spray</li> <li>• Tdap – pertussis prevention</li> </ul>   |

**Warts**

Over The Counter

- Compound W

**Yeast Infection**

Over The Counter

- Monistat 3 or 7