

Commonly Used Medications in Pregnancy and Lactation

<u>Medications:</u>	<u>Indication & Side Notes</u>	<u>Breastfeeding Comments</u>
Acne:		
Over the counter acne medications are low risk.	Acne	●
Benzoyl Peroxide products	Acne	Low risk
Clindamycin topical	Acne	Low risk
Erythromycin topical	Acne	Low risk
*Finacea topical	Acne	Not recommended
Proactiv	Acne	Low risk
Salicylic Acid products	Acne	Low risk
Allergies:		
Actifed (after 13 weeks)	Nasal Congestion, Allergies	Low risk
Afrin Nasal Spray (only for 3 days)	Nasal Congestion	Low risk
Alavert (Loratadine)	Allergies	Low risk (may ↓ milk supply)
Benadryl (Diphenhydramine)	Allergies & Nasal Congestion	Low risk (may ↓ milk supply)
Clarinex	Allergies	Low risk (may ↓ milk supply)
Claritin (Loratadine)	Allergies	Low risk (may ↓ milk supply)
Claritin D (after 13 weeks)	Allergies & Nasal Congestion	Low risk (may ↓ milk supply)
Chlor-Trimeton	Allergies	Low risk (may ↓ milk supply)
Flonase	Rhinitis, Seasonal Allergies	Low risk
Phenylephrine (after 13 weeks)	Nasal Congestion	use caution
Ocean's Nasal Spray	Allergies & Nasal Congestion	Low risk
Sudafed (Pseudoephedrine) (after 13 weeks)	Nasal Congestion	Low risk (may ↓ milk supply)
Tavist (Clemastine)	Allergies	Low risk (may ↓ milk supply)

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* Prescription medications

Zyrtec	Allergies	Low risk (may ↓ milk supply)
Antibiotics:		
*Amoxicillin	Infection	Low risk
*Ampicillin	Infection	Low risk
*Augmentin	Infection	Low risk
*Keflex (Cephalexin)	Infection	Low risk
*Cefuroxime	Infection	Low risk
*Duricef (Cefadroxil)	Infection	Low risk
*Erythromycin	Infection	Low risk
*Macrobid, Macrochantin (Nitrofurantoin) (Don't use in last month of pregnancy)	Infection	Low risk if 3 wks postpartum or >
*Flagyl (Metronidazole)	Infection	Low risk
*Penicillin	Infection	Low risk
*Zithromax (Azithromycin)	Infection	Low risk
Anti-hypertensive Medications:		
*Hydralazine	Hypertension	Low risk
*Labetalol	Hypertension	Low risk
*Nifedipine	Hypertension	Low risk
*Methyldopa	Hypertension	Low risk
*Propranolol	Hypertension	Low risk
Antivirals:		
*Denavir	Cold Sores	Low risk
*Valtrex (Valacyclovir)	Cold Sores, Genital Herpes	Low risk
*Zovirax (Acyclovir)	Cold Sores, Genital Herpes	Low risk
Asthma:		
*Albuterol Inhaler	Asthma	Low risk
*Beconase (Beclomethasone) Inhaler	Asthma	Low risk
*Pulmicort (Budesonide) Inhaler	Asthma	Low risk
*Flovent	Asthma	Low risk
*Prednisone	Anti-inflammatory	Low risk
*Singulair	Asthma, Allergic Rhinitis	Low risk
Breast & Nipple Infections:		
*All Purpose Nipple Ointment		Low risk
*Nystatin		Low risk

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<u>Cough and Cold Remedies:</u>		
Actifed (after 13 weeks)	Nasal Congestion, Allergies	Low risk
Afrin Nasal Spray	Nasal Congestion	Low risk
Nasacort	Rhinitis, Allergies	Low risk
*Nasonex	Rhinitis, Seasonal Allergies	Low risk
Netti Pot	Nasal Congestion	Low risk
Ocean's Nasal Spray	Nasal Congestion	Low risk
*Rhinocort	Rhinitis	Low risk
Robitussin, Gaufenesin, Mucinex (Dextromethorphan)	Cough	Low risk
Robitussin DM (Gaufensin + Dextromethorphan)	Cough	Low risk
Sudafed (after 13 weeks)	Nasal Congestion	Low risk
Throat Lozenges	Cough	Low risk
Triaminic (after 13 weeks)	Nasal Congestion, Cough	
Vick's Vapor Rub	Cold Symptoms	Low risk
<u>Depression and Anxiety:</u>		
*Celexa (Citalopram)	<u>Do not stop these medications, please talk with your OBGYN first.</u>	Low risk
*Lexapro (Escitalopram)		Low risk
*Prozac (Fluoxetine)		Low risk
*Zoloft (Sertraline)		Low risk
*Wellbutrin (Bupropion)		Low risk
<u>Diabetic Medications:</u>		
*Glyburide		Low risk
*Insulin		●
*Metformin (usually stopped at 12 weeks)		●
<u>Gastrointestinal Medications:</u>		
*AcipHex	Heartburn	Low risk
Alka Seltzer Gummies	Heartburn	Low risk
Anusol and Anusol HC	Hemorrhoids	Low risk
Colace	Constipation	Low risk
Dulcolax Suppositories	Constipation	Low risk
Emetrol Syrup	Nausea	
Fiber Supplements (Metamucil, Benefiber, Citrucel, FiberCon)	Constipation, Hemorrhoids	Low risk
GasX	Gas	Low risk

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Gaviscon	Heartburn	Low risk
Glycerin Suppositories	Constipation	Low risk
Preparation H	Hemorrhoids	Low risk
Imodium (Loperamide)	Hemorrhoids	Low risk
Kaopectate (Not recommended in 3rd Trimester)	Diarrhea	Not recommended
*Nexium	Heartburn	Low risk
Maalox	Heartburn	Low risk
Milk of Magnesia	Constipation	Low risk
MiraLAX (Polyethylene glycol)	Constipation	Low risk
Mylanta	Heartburn, Gas	Low risk
Mylicon (Simethicone)	Gas	Low risk
Pepcid	Heartburn	Low risk
Peri-Colace	Constipation	Low risk
Phazyme	Gas	Low risk
Prevacid	Heartburn	Low risk
Prilosec (Omeprazole)	Heartburn	Low risk
*Protonix	Heartburn	Low risk
*Reglan	Heartburn	Low risk
Roloids	Constipation, Diarrhea	Low risk
Senokot (Senna)	Constipation	Low risk
*Tagamet	Heartburn	Low risk
Tucks pads	Hemorrhoids, Perineal Wounds	Low risk
Tums	Heartburn	Low risk
Zantac, any dose	Heartburn	Low risk
<u>Headache:</u>		
*Fioricet		●
*Imitrex (& other Triptans)- after first trimester	Cat C, could use if needed, Discuss with your OBGYN.	●
Tylenol (Acetaminophen)		Low risk
<u>Motion Sickness:</u>		
Dramamine	Motion Sickness	Low risk (may ↓ milk supply)
Bonine (Meclizine)	Motion Sickness	Low risk (may ↓ milk supply)
*Scopolamine Patch	Motion Sickness	Low risk

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Sea bands	Motion Sickness	
<u>Pain Medications/Treatments:</u>		
Aspirin (81 mg only)		Low risk
Heating Pads		Low risk
*Hydrocodone	Pain control	Low risk
Icy Hot/Bengay	Muscular Pain	●
*Lidocaine	Pain control	●
*Norco (Acetaminophen/Hydrocodone)	Pain control	Low risk
*Novacaine	Dental Work, Pain Control	●
* Percocet (Acetaminophen/Oxycodone)	Pain control	Low risk
Tylenol (Acetaminophen)	Pain control	Low risk
*Tylenol with Codeine	Pain control	
*Oxycodone	Pain control	Low risk
<u>Rash/Skin Conditions:</u>		
1% Hydrocortisone Cream	Inflammation & Itching	Low risk in small amts
Benadryl Cream	Relieves pain & itching from bites & burns	Low risk
Caladryl	Relieves pain & itching from bites & burns	
Calamine Lotion	Relieves pain & itching from bites & burns	
Compound W	Wart Treatment- Low dose is ok. Discuss with your OBGYN.	
Cortaid	Inflammation & Itching	
DEET	Bug Spray	
Nix	Lice Treatment	Low Risk
Permethrin	Scabies, Lice Treatment	Low Risk
RID	Lice Treatment	Low Risk
<u>Sleep Issues:</u>		
*Ambien	Don't Use Everynight	Low Risk
Benadryl (Diphenhydramine)		Low risk (may ↓ milk supply)
Tylenol PM (Tylenol & Diphenhydramine)		Low risk
Unisom		Low risk (may ↓ milk supply)
<u>Vaginal Infections:</u>		
*Cleocin (Clindamycin)		Low risk
Gyne-Lotrimin (Clotrimazole)		Low risk

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*Diflucan		Low risk
*Metrogel		Low risk
Monistat (Miconazole) 7 day		Low risk
*Terconazole, Terazol		●
<u>Vitamins:</u>		
Calcium		Low risk
Fish Oil		Low risk
Folic Acid		Low risk
Multivitamin		Low risk
Prenatal Vitamin		Low risk
Vitamin D		Low risk

Medications Not Recommended In Pregnancy

<u>Medications:</u>		<u>Breastfeeding Comments</u>
- ACE inhibitors		Low risk
o Captopril (Capoten)		Low risk
o Enalapril (Vasotec)		Low risk
o Lisinopril (Prinivil, Zestril)		Low risk
- Asprin	Full Strength is contraindicated, 81 mg Baby Aspirin is low risk to use.	
- Allegra	Category C medication- there are better options	
- Alka Seltzer		
- Amiodarone		
- Angiotension II Receptor Antagonists		
o Cozaar		
o Diovan		
- Carbamazepine (Tegretol, Atretol, B164Convuline, Eptol)	Tetragenic	
- Danazol		
- Diazepam (Valium)		Not recommended
- Epinephrine		
- Isotretinoin (Accutane)		Not recommended

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- Lamotrigine (Lamictal)	Causes deformities	
- Lindane		
- Lithium		
- Methotrexate		
- Misoprostol		
- NSAIDS (Ibuprofen, Naproxen)		
- Nyquil		
- Paroxetine (Paxil)		
- PeptoBismol		
- Phenytoin (Dilantin, Aladdin, Dantoin)	Tetragenic	
- Radioactive iodine	Avoid pregnancy for 4-6 months after treatment.	Not recommended (avoid breast feeding for 120 days after treatment)
- Quinolones	Causes bone deformities	
o Ciprofloxacin		Low risk
o Levofloxacin		Low risk
o Ofloxacin		Low risk
- Streptomycin		
- Tetracycline	Causes staining of teeth	
o Doxycycline		
- Valium		Not recommended
- Valproic acid	Tetragenic	
- Warfarin (Coumadin)		Low Risk
- Xanax		Not recommended
If you are currently taking one of these medications and plan to get pregnant, do not stop the medication until you discuss it further with your prescribing physician. If you are currently pregnant, please discuss with your prescribing physician and make an appointment to see your OBGYN.		
***Many herbal medications have not been FDA approved so no safety data is present. Please use with caution with these medications and if you are concerned do not use the medication!		

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