

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) |
| 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 > |

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* Prescription medications

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| *Flagyl (Metronidazole) | Infection | Low risk |
| *Penicillin | Infection | Low risk |
| *Zithromax (Azithromycin) | Infection | Low risk |
| <u>Anti-hypertensive Medications:</u> | | |
| *Hydralazine | Hypertension | Low risk |
| *Labetalol | Hypertension | Low risk |
| *Nifedipine | Hypertension | Low risk |
| *Methyldopa | Hypertension | Low risk |
| *Propranolol | Hypertension | Low risk |
| <u>Antivirals:</u> | | |
| *Denavir | Cold Sores | Low risk |
| *Valtrex (Valacyclovir) | Cold Sores, Genital Herpes | Low risk |
| *Zovirax (Acyclovir) | Cold Sores, Genital Herpes | Low risk |
| <u>Asthma:</u> | | |
| *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 |
| <u>Breast & Nipple Infections:</u> | | |
| *All Purpose Nipple Ointment | | Low risk |
| *Nystatin | | Low risk |
| <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 |

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| *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 |
| Gaviscon | Heartburn | Low risk |
| Glycerin Suppositories | Constipation | Low risk |
| Preparation H | Hemorrhoids | Low risk |
| Imodium (Loperamide) | Diarrhea | 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 |
| Rolaid | Constipation, Diarrhea | Low risk |
| Senokot (Senna) | Constipation | Low risk |
| *Tagamet | Heartburn | Low risk |
| Tucks pads | Hemorrhoids, Perineal Wounds | Low risk |
| Tums | 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 |
| *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 |

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Medications Not Recommended In Pregnancy

| <u>Medications:</u> | | <u>Breastfeeding Comments</u> |
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| - ACE inhibitors | | Low risk |
| o Captopril (Capoten) | | Low risk |
| o Enalapril (Vasotec) | | Low risk |
| o Lisinopril (Prinivil, Zestril) | | Low risk |
| - Aspirin | 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 |
| - 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 | | |

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| - Valium | | Not recommended |
| - Valproic acid | Tetragenic | |
| - Warfarin (Coumadin) | | Low Risk |
| - Xanax | | Not recommended |
| <p>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.</p> | | |
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| <p>***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!</p> | | |

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