

Medication Safety

for Pregnancy and Lactation



MEDICATIONS (*PRESCRIPTION MEDS)	INDICATION	PREGNANCY SAFETY	BREASTFEEDING SAFETY	COMMENTS
ACNE				
Over the counter acne meds are safe	Acne	YES	Conflicting data - ask pediatrician	
Benzoyl Peroxide products	Acne	YES	YES	
Clindamycin- topical	Acne	YES	YES	
Clindamycin- oral	Acne	YES	YES (May cause side effects for baby)	
Erythromycin topical	Acne	YES	YES	
*Finacea	Acne	YES (avoid 1st trimester)	NO	
*Isotretinoin (Accutane)	Acne	NO	NO	
Proactiv	Acne	YES	YES	
Retinoids (topical)	Acne	NO	NO	
Salicylic Acid products	Acne	YES	YES	
ALLERGIES				
Actifed	Allergies & Nasal Congestion	YES (after 13 weeks)	YES	
Afrin Nasal Spray	Nasal Congestion	YES	YES	Only use for 3 days
Allergy Shots	Allergies	YES	YES	
Allegra (Fexofenadine)	Allergies	YES (But others have been studied more) If Zyrtec is not helpful	Safe (may decrease milk supply)	
Benadryl, Diphenhydramine	Allergies & Nasal Congestion	YES	Safe (may decrease milk supply)	
Chlor-Trimeton	Allergies	YES	Safe (may decrease milk supply)	
Clarinx	Allergies	YES	Safe (may decrease milk supply)	
Claritin D	Allergies & Nasal Congestion	YES (after 13 weeks)	Safe (may decrease milk supply)	
Epinephrine	Allergies	YES	YES	Appropriate to use for anaphylaxis
Flonase	Rhinitis, Seasonal Allergies	YES	YES	
Loratadine (Alavert, Claritin)	Allergies	YES	Safe (may decrease milk supply)	
Nasonex (Mometason)	Allergies	YES	YES	
Nasacort (Triamcinolone)	Allergies	YES	YES	
Ocean's Nasal Spray	Allergies & Nasal Congestion	YES	YES	
Phenylephrine	Nasal Congestion	YES (after 13 weeks)	Use Caution	
Plain Saline	Allergies	YES	YES	
*Sensitization shots	Allergies	YES	YES	
Sudafed, Pseudoephedrine	Allergies & Nasal Congestion	YES (after 13 weeks)	YES	
Tavist (Clemastine)	Allergies	YES	Safe (may decrease milk supply)	
Zyrtec	Allergies & Nasal Congestion	YES	Safe (may decrease milk supply)	

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ANTIBIOTICS				
*Amoxicillin	Infection	YES	YES	
*Ampicillin	Infection	YES	YES	
*Augmentin	Infection	YES	YES	
*Cephalexin, Keflex	Infection	YES	YES	
*Cefuroxime	Infection	YES	YES	
*Ciprofloxacin	Infection	NO	YES (use caution)	Eye or Ear drops are acceptable to use.
*Dicloxacillin	Infection	YES	YES	
*Doxycycline	Infection	NO	Yes (If <21 day treatment)	
*Duricef, Cefadroxil	Infection	YES	YES	
*Erythromycin	Infection	YES	YES	
*Levofloxacin	Infection	NO	YES (use caution)	More recent studies suggest little risk w/ breastfeeding but monitor baby for GI side effects, avoid breastfeeding for 4-6 hours after each dose to minimize risk. Eye or Ear drop are acceptable to use.
*Macrobid, Macrochantin (Nitrofurantoin)	Infection	YES (Don't use in last month of preg)	YES (if 3weeks PP or >)	
*Metronidazole, Flagyl	Infection	YES	YES (vaginal), Use caution for Oral	Oral doses of 2 grams or higher may cause harm, lower doses are unlikely too. Some experts say pump & dump with oral dosing. Vaginal dosing is considered acceptable in pregnancy.
*Ofloxacin	Infection	NO	YES (use caution)	
*Penicillin V-K	Infection	YES	YES	
*Streptomycin	Infection	NO	YES	
*Tetracycline	Infection	NO	YES (Short term use)	
*Zithromax, Azithromycin	Infection	YES	YES	
ANTICONVULSANTS				
*Carbamazepine (Atretol, Eitol, Tegretol)	Anti-seizure	NO	YES (Mother should consult with peds)	Pediatrician may want to monitor baby
*Lamotrigine (Lamictal)	Anti-seizure	NO	Conflicting data -ask pediatrician	
*Phenytoin (Dilantin, Aladdin, Dantoin)	Anti-seizure	NO	YES	
*Valproic acid	Anti-seizure, Bipolar	NO	Conflicting data -ask pediatrician	
ANTI-HYPERTENSIVE MEDICATION				
*Captopril (Capoten)	Hypertension	NO	YES	
*Cozaar (Losartan)	Hypertension	NO	NO	
*Diovan (Valsartan)	Hypertension	NO	YES	
*Enalapril (Vasotec)	Hypertension	NO	YES	
*Hydralazine	Hypertension	YES	YES	
*Labetalol	Hypertension	YES	YES	

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ANTI-HYPERTENSIVE MEDICATION - Continue				
*Lisinopril (Prinivil, Zestril)	Hypertension	NO	YES	
*Nifedipine	Hypertension	YES	YES	
*Methyldopa	Hypertension	YES	YES	
*Propranolol	Hypertension	YES	YES	
ANTIVIRALS				
*Acyclovir (Zovirax)	Cold Sores, Genital Herpes	YES	YES	
*Denavir	Cold Sores	YES	YES	
*Oseltamivir (Tamiflu)	Influenza	YES	YES	
*Valacyclovir (Valtrex)	Cold Sores, Genital Herpes	YES	YES	
ASTHMA- Ask MD before stopping any				
*Albuterol inhaler (Ventolin)	Asthma	YES	YES	
*Beconase (Beclomethasone) inhaler	Asthma	YES	YES	
*Budesonide (Pulmicort) inhaler	Asthma	YES	YES	
*Flovent	Asthma	YES	YES	
*Prednisone	Anti-inflammatory	YES	YES	
*Singulair (Montelukast)	Asthma, Allergic Rhinitis	YES	YES	
BREAST & NIPPLE INFECTIONS				
All Purpose Nipple Ointment		YES	YES	
Nystatin		YES	YES	
CARDIOVASCULAR MEDICATIONS				
*Amiodarone	Arrhythmia	NO	NO	
COUGH AND COLD REMEDIES				
Actifed	Allergies & Nasal Congestion	YES (after 13 weeks)	YES	
Afrin Nasal Spray	Nasal Congestion	YES	YES	
Emergen-C		YES	YES	
Flonase	Rhinitis, Seasonal Allergies	YES	YES	
Nasacort	Rhinitis	YES	YES	
Nasonex	Rhinitis, Seasonal Allergies	YES	YES	
Netti Pot	Nasal Congestion	YES	YES	
Nyquil		NO (better options individually)	NO	
Ocean's Nasal Spray	Nasal Congestion	YES	YES	
*Rhinocort	Rhinitis	YES	YES	
Robitussin, Gauferesin, Mucinex (Dextromethorphan)	Cough	YES	YES	
Robitussin DM (Gaufenesin + Dextromethorphan)	Cough	YES	YES	

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COUGH AND COLD REMEDIES - Continued				
Sudafed	Nasal Congestion	YES (after 13 weeks)	Safe (may decrease milk supply)	
Throat Lozenges (Halls, Ricola)	Cough	YES	YES	
Triaminic	Nasal Congestion, Cough	YES (after 13 weeks)		
Tylenol Sinus		Confirm active ingredients are on the safe medication list.	YES	
Vick's Vapor Rub	Cold Symptoms	YES	YES	
Combination cough & cold products- look at each individual ingredient to confirm they are safe to use during pregnancy & lactation.				
DEPRESSION, ANXIETY & MOOD				
*Citalopram (Celexa)	Depression & Anxiety	YES	YES	Do not stop these medications, please talk with your OBGYN first.
*Diazepam (Valium)	Anxiety, Seizure	NO	Depends on dose/freq-consult Lactmed	
*Escitalopram (Lexapro)	Depression & Anxiety	YES	YES	
*Imipramine	Depression	YES	YES	
*Lithium	Bipolar	NO	Conflicting data - ask pediatrician	
*Nortripyline	Depression	NO	YES	
*Paroxetine (Paxil)	Depression & Anxiety	NO	YES	
*Prozac (Fluoxetine)	Depression & Anxiety	YES	YES	
*Sertraline (Zoloft)	Depression & Anxiety	YES	YES	
* Trazodone	Depression, Insomnia	YES	YES	
*Wellbutrin (Buprobion)	Depression	YES	YES	
*Xanax (Alprazolam)	Anxiety, Seizure	NO	NO	
DIABETIC MEDICATIONS				
*Glyburide		YES	YES	
*Insulin		YES	Conflicting data - ask pediatrician	
*Metformin (usually stopped at 12wks)		YES	Conflicting data - ask pediatrician	
GASTROINTESTINAL MEDICATIONS				
*Aciphex	Heartburn	YES	YES	
Alka Seltzer	Heartburn	NO	YES	
Alka Seltzer Gummies	Heartburn	YES	YES	
Anusol & Anusol HC	Hemorrhoids	YES	YES	
Colace	Constipation	YES	YES	
Dulcolax Suppositories	Diarrhea	YES	YES	
Emetrol Syrup	Nausea	YES	YES	
Fiber Supplements (Metamucil, Benefiber, Citrucel, FiberCon)	Constipation, Hemorrhoids	YES	YES	
GasX	Gas	YES	YES	

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GASTROINTESTINAL MEDICATIONS - Continued				
Gaviscon	Heartburn	YES	YES	
Glycerin Suppositories	Constipation	YES	YES	
Imodium (Loperamide)	Diarrhea	YES	YES	
Kaopectate	Diarrhea	YES (Not safe in 3rd Trimester)	Not Recommended	
*Nexium	Heartburn	YES	YES	
Maalox	Heartburn	YES	YES	
Milk of Magnesia	Constipation	YES	YES	
MiraLAX (Polyethylene Glycol)	Constipation	YES	YES	
Mylanta	Heartburn	YES	YES	
Mylicon (Simethicone)	Gas	YES	YES	
Pepcid	Heartburn	YES	YES	
PeptoBismol	Diarrhea	YES (Not safe in 3rd Trimester) Better options available	Not Recommended	
Pericolace	Constipation	YES	YES	
Phazyme	Gas	YES	YES	
Preparation H	Hemorrhoids	YES	YES	
Prevacid	Heartburn	YES	YES	
Prilosec (Omeprazole)	Heartburn	YES	YES	
*Protonix	Heartburn	YES	YES	
*Reglan	Heartburn	YES	YES	
Roloids	Constipation, Diarrhea	YES	YES	
Senokot (Senna)	Constipation	YES	YES	
*Tagamet	Heartburn	YES	YES	
Tucks Pads	Hemorrhoids, Perineal Wounds	YES	YES	
Tums	Heartburn	YES	YES	
Zantac, any dose	Heartburn	YES	YES	
HEADACHE				
*Fioricet		YES	Conflicting data - ask pediatrician	May cause sedation & poor feeding in breastfed infant.
*Imitrex (& other triptans) after 1st trimester	Category C, could use if needed, ok with MD	YES	Conflicting data - ask pediatrician	
Tylenol, acetaminophen	Pain Reliever	YES	YES	
HORMONES				
*Levothyroxine (Synthroid)	Thyroid	YES	YES	
* Birth Control Pills (w/ Estrogen)	Birth Control	NO	NO	
* Depo Provera	Birth Control	NO	YES	
* IUDs	Birth Control	NO	YES	

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HORMONES - Continued				
* Nexplanon	Birth Control	NO	YES	
*Progesterone only pills	Birth Control	NO	YES	
*Vaginal Estrogen		NO	YES	
MISC				
*Danazol	Androgen	NO	NO	
*Mantoux	TB Testing	YES	YES	
*Methotrexate		NO	NO	
*Misoprostol		NO	YES	
*Radioactive Iodine		NO	NO	Avoid pregnancy for 4-6 months after treatment, avoid breastfeeding for 120 days after treatment.
*Warfarin (Coumadin)	Blood thinner	NO	YES	
MOTION SICKNESS				
Dramamine	Motion Sickness	YES	YES (may decrease milk supply)	Small, occasional doses are unlikely to impact milk supply.
*Bonine (Meclizine)	Motion Sickness	YES	YES (may decrease milk supply)	Small, occasional doses are unlikely to impact milk supply.
*Scopolamine Patch	Motion Sickness	YES	Conflicting data - ask pediatrician	
Sea bands	Motion Sickness	YES	YES	
PAIN MEDICATION/TREATMENTS				
Aspirin (81mg only)	Pain control	YES (81 mg ONLY)	YES	
Aspirin full strength	Pain control	NO	NO	
Heating pads		YES	YES	
*Hydrocodone	Pain control	YES	YES	
Icy Hot/Bengay	Muscular Pain	YES	Conflicting data- ask pediatrician	
*Lidocaine	Pain control	YES	YES	
NSAIDS (Ibuprofen, Naproxen)	Pain control	NO	YES	
*Norco, Vicodin (Acetaminophen/ Hydrocodone)	Pain control	YES	YES	
*Novacaine	Dental Work, Pain Control	YES	YES	
*Percocet (Acetaminophen/ Oxycodone)	Pain control	YES	YES	
Tylenol (Acetaminophen)	Pain control	YES	YES	
*Tylenol with Codeine	Pain control	YES	YES	
*Oxycodone	Pain control	YES	YES	
RASH/SKIN CONDITIONS				
1% Hydrocortisone Cream (Cortaid)	Inflammation & Itching	YES	YES	Safe in small amounts to the area that needs it.
APNO	Nipple infections	YES	YES	
Benadryl Cream	Relieves pain & itching from bites & burns	YES	YES	

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RASH/SKIN CONDITIONS - Continued				
Caladryl	Relieves pain & itching from bites & burns	YES	YES	
Calamine Lotion	Relieves pain & itching from bites & burns	YES	YES	
Compound W	Wart Treatment	Low Dose is Ok	Conflicting data - ask pediatrician	Discuss with your OBGYN
DEET	Insect Repellent	YES	YES	
Lindane	Scabies, Lice Treatment	NO	NO	
NIX	Lice Treatment	YES	YES	
Permethrin	Scabies, Lice Treatment	YES	YES	
RID	Lice Treatment	YES	YES	
SLEEP ISSUES				
*Ambien	Insomnia	YES (Don't use every night)	Conflicting data - ask pediatrician	May cause sedation, poor feeding, poor weight gain
Benadryl, Diphenhydramine	Insomnia	YES	Safe (may decrease milk supply)	
Tylenol PM (tylenol and diphenhydramine)	Insomnia	YES	YES	
Unisom (Doxylamine)	Insomnia, Nausea	YES	Safe (may decrease milk supply)	
VAGINAL INFECTIONS				
*Cleocin (Clindamycin)	Vaginitis	YES	YES	
Glycol-Lotrimin	Yeast	YES	YES	
*Diflucan (Fluconazole)	Yeast	YES (Not first line)	YES	
*Metrogel	Vaginitis	YES (Not first line)	YES	
*Metronidazole (Flagyl)	Vaginitis	YES	YES (vaginal), Use caution for Oral	Oral doses of 2 grams or higher may cause harm, lower doses are unlikely too. Some experts say pump & dump with oral dosing. Vaginal dosing is considered acceptable in pregnancy.
*Monistat (Miconazole) 7 day	Yeast	YES (Prefer 7 day treatment)	YES	1 and 3 day are safe during pregnancy
*Terconazole (Terazol)	Vaginitis	YES	Conflicting data - ask pediatrician	
VITAMINS				
Calcium		YES	YES	
Fish Oil		YES	YES	
Folic Acid		YES	YES	
Multivitamin		YES	YES	
Prenatal Vitamin		YES	YES	
Vitamin D		YES	YES	

Many herbal medications, vitamins, proteins, and over the counter medications are not tested in pregnancy. If the patient is asking about a product that is not on this list, it is likely not been tested. The patient needs to use their best judgement if they feel comfortable using it during pregnancy. Often times, it is just best to avoid the product.

Please use LactMed if you want to look up whether a medication is safe to use while breastfeeding or have the patient reach out to their pediatrician.

Follow this link: <https://www.ncbi.nlm.nih.gov/books/NBK501922/>