



Medication use during pregnancy

Over-The-Counter (OTC) pregnancy safe medications

Background

Ideally, medications should be avoided during pregnancy. This is true of over-the-counter as well as prescription medication. However, there are cases when medications are warranted for treatment in pregnant patients. There are virtually no controlled drug studies done in pregnant women, therefore, little information on this topic is found in FDA-approved labeling. Further, such labeling provides minimal guidance in drug product selection. Prescribers should have access to up-to-date references on this topic.

Minimize fetal exposure

When treatment is necessary, the first consideration should be given to non-drug measures. Once it is determined that it is necessary to use medications, those drugs which are lower risk to the fetus by virtue of their pharmacokinetic properties, the method of drug delivery or experience should be selected first. Recommend doses on the lower end of the dosing range.

Acne

Cetaphil Gentle Skin Cleanser
CeraVe Hydrating Cleanser
Stridex (benzoyl peroxide)

Allergies

Benadryl (diphenhydramine)
Alavert
Claritin (loratadine)
Zyrtec (cetirizine)
Chlor-Trimeton (chlorpheniramine)

Analgesics/fever reduction

Non-drug measures:

Local application of heat or cold packs
Splints or wraps

Tylenol (Acetaminophen) 325-650mg every 4-6 hours as needed (maximum dose 4,000mg in 24 hours)
Opiates (codeine, morphine and oxycodone) – short term use
Avoid NSAIDS (Ibuprofen, Advil, Aleve) and aspirin products

Antibiotics

Penicillins
Ampicillin
Augmentin
Cephalosporins
Clindamycin
Erythromycin

Constipation

Colace (docusate sodium) – stool softener
Metamucil (psyllium) – bulk forming laxative
Citrucel – bulk forming laxative
Senna (Senokot)
Fiberall
Fibercon (Calcium Polycarbophil)
Milk of Magnesia (magnesium hydroxide)
Mineral oil (1 oz in juice)

Cough

Cough Drops (Hall's, Ludens)
Robitussin DM
Delsym 12-hour extended release (dextromethorphan polistirex)
Coricidan HBP Cough and Cold (dextromethorphan, guaifenesin)
Mucinex (guaifenesin)
Codeine (short term use for cough suppression)



For more information

651-439-1234 | lakeviewhealth.org/ob-gyn



Lakeview Hospital
Stillwater Medical Group

Decongestant

Non-drug measures:

Humidity (cool mist vaporizer), increase fluid intake, tea with honey and lemon, chicken soup
Saline nasal spray
Afrin – used intermittently and short term
Neo-Synephrine - used intermittently and short term
Sudafed (PseudoEphedrine) – Avoid in 1st trimester

Diarrhea

Avoid dairy products and caffeine. Take clear liquids for 24 hours, followed by bananas, rice, applesauce and toast for the next 24 hours. *If not resolved in 24 hours, call the clinic.*

Imodium (loperamide)
Kaopectate (Kaolin-pectin)
CitraCell (bulk-forming laxative)
Metamucil (bulk-forming laxative)

Fever

Tylenol 325 – 650mg every 4–6 hours for temperature greater than 100.4 (maximum 4,000 mg in 24 hours). *If not relieved contact clinic.*

Gas

GasX (simethicone)
Mylicon (simethicone)
Maalox Anti-Gas
Mylanta Maximum Strength
Mylanta Gas Maximum Strength

Heartburn

Avoid large meals, caffeine, high acid foods, spicy foods

Tums
Maalox – liquid or tablet
Mylanta – liquid or tablet
Rolaids
Gaviscon
Zantac (ranitidine)
Pepcid AC (famotidine)

Hemorrhoid

Anusol-HC (hydrocortisone)
Tucks pads (witch hazel)
Preparation H (phenylephrine, pramoxine, witch hazel)

Itching/rash

Non-drug measures:

Moisturizing cream and lotions, oatmeal bath
Chlor-Trimeton (chlorpheniramine)
Benadryl (diphenhydramine)

Aveeno Soothing Bath treatment (colloidal oatmeal)
Caladryl lotion and cream (diphenhydramine, calamine)
Cortaid 1% (hydrocortisone)
Gold Bond Anti-Itch Cream (menthol, pramoxine)

Nausea/vomiting

Emetrol Syrup (phosphoric acid, dextrose, fructose)
Dramamine (dimenhydrinate)
Ginger tabs (ginger)
Vitamin B6 25mg four times daily
Sea-Bands
Unisom NightTime Sleep Aid (doxylamine succinate)
1/2 of 25mg tablet four times daily

Pain

Call clinic if abdominal

Tylenol 325 – 650mg every 4–6 hours as needed (maximum dose of 4,000mg in 24 hours). *If no relief in 24 hours contact the clinic.*

Rash

If allergic reaction or no relief from treatments below, call the clinic

Aveeno Soothing Bath treatment (colloidal oatmeal)
Caladryl lotion and cream (diphenhydramine, calamine)
Cortaid 1% (hydrocortisone)
Gold Bond Anti-Itch Cream (menthol, pramoxine)

Sinus

Non-drug measures:

Humidity (cool mist vaporizer), increase fluid intake, tea with honey and lemon, chicken soup
Saline nasal spray
Afrin – used intermittently and short term
Neo-Synephrine - used intermittently and short term
Sudafed (PseudoEphedrine) – **Avoid in 1st trimester**

Sore throat

Cepacol Lozenges or Spray
Sucrets Lozenges (dyclonine hydrochloride)
Chlorospetic Lozenges or Spray (phenol)-no longer than 2 days
Halls Lozenges (menthol)
Robitussin Lozenges (menthol)
Vicks Lozenges with honey (dextromethorphan hydrobromide)

Vaginal infection

Femstat (butoconazole)
Gyne-Lotrimin (clotrimazole)
Lotrimin Ultra (butenafine)
Monistat 7 Vaginal Cream (miconazole)