

Safe Medications in Pregnancy

In general there is a 3-5% chance of birth defects in pregnancy. We can never say with 100% certainty that medications are safe in pregnancy, however the following lists medications that have been used widely and have not been associated with an increased risk of birth defects or obstetrical complications. ****Note asterisks for specific comments on medications.**

Many medications have combinations of drugs. It's best to avoid medications if you don't need them, so avoid combinations unless your symptoms require all the medications listed.

A good resource for accurate information on medications during pregnancy is **MotherToBaby.org**

Pain Medications:

Tylenol (AKA Acetaminophen, ****do not take more than 4 grams or 4,000mg in 24 hours**)
Icy Hot

Allergy

Benadryl (Diphenhydramine)
Claritin (Loratidine)
Allegra (Fexofenadine)
Zyrtec (Cetirazine)

Decongestant:

Flonase or Afrin spray
Guaifenesin (Mucinex) - also expectorant for coughs (loosens mucous in lungs)
Pseudoephedrine (Sudafed) - ****avoid if high blood pressure**

Cough Suppressant:

Dextromethorphan (Delsym, Anything "DM")
****Many liquid cough medicines contain alcohol and or sugar. Avoid those with alcohol. If you are a diabetic, avoid those with sugar.**

Heartburn

Tums, Mylanta, Rolaids, Maalox
Pepcid, Zantac, Tagamet (Famotidine, Ranitidine, Cimetidine)
Nexium, Prilosex, Prevacid (Omeprazole, Lansoprazole, Omeprazole)

Constipation

Docusate sodium (Colace) - stool softener
Magnesium Oxide 250-500mg
Psyllium (Metamucil) - fiber/ bulking agent
Miralax
Glycerine rectal suppository

Alternatives to medication

Pain:

- Try a belly band for lumbar support (can be purchased at drug stores or Amazon)
- Warm baths (don't let your body temperature sustain above 102 degrees)

- Stretching
- Prenatal massage
- Icy hot
- Ice packs/ hot packs not directly on abdomen

Allergies/ Congestion

- Nasal Saline Rinse (Netti Pot, Neil-Med)
- Saline spray
- Humidifier while you sleep

Heartburn

- Eat small meals
- Don't lay down within 30 minutes of eating
- Avoid foods that worsen your heartburn

Constipation

- Increase water intake
- Exercise
- Increase fiber intake

Headache

** If you are past 20 weeks and have an unusual, severe headache that doesn't respond to rest or medications, or if it is "the worst headache of your life" call your doctor.

- Cold compress or ice
- Massage (neck and head)
- Hydration
- Caffeine (or if taking caffeine, try to avoid if its a trigger)
- Magnesium Oxide 250mg