

Medications for Pregnant/Breast Feeding Women

*** No drug can be considered absolutely 100% safe to use during pregnancy ***

Colds/Flu

- Warm salt water gargle
- Saline nasal drops or spray
- Claritin (B)
- Triaminic (B) - after 1st trimester
- Chlor-Trimeton (B) - after 1st trimester
- Actifed (C) - after 1st trimester
- Sudafed / Sudafed Cold (C) - after 1st trimester, if no blood pressure problems
- Tylenol Cold Severe Congestion, *Non-drowsy* (C) - after 1st trimester, if no blood pressure problems
- Robitussin / Robitussin DM (C) – Alcohol Free
- Vicks / Halls Cough Drops – Alcohol Free
- Chloraseptic Throat Spray (C)

Heartburn – Avoid chronic high doses

- Maalox (B)
- Mylanta
- Gaviscon
- Tums (C)

Hemorrhoids

- Preparation H
- Anusol
- Tucks
- Witch Hazel

Pain Relief/Headaches

- Tylenol (B)
- Tylenol PM (B)
- Tylenol Extra Strength (B)

Sleep Aid

- Benadryl (B)
- Unisom (B)

Nausea

- Ginger
- Emetrol (C)

Constipation

- Metamucil /Citrucel (B)
- Milk of Magnesia (MOM) – not for long term use
- Surfak / Ducosate / Colace (C)
- Miralax (C)

Vaginal Yeast Infection

- Monistat 7 (C)
- Femstat (C)
- Lotrimin (C) – after 1st trimester

Category A: Controlled human studies have demonstrated no fetal risk.

Category B: Animal studies indicate no fetal risk, but no human studies available
OR adverse effects in animals, but not in well-controlled human studies.

Category C: No adequate human or animal studies available,
OR adverse fetal effects in animal studies, but no available human data.

Category D: Evidence of fetal risk, but benefits outweigh risks.

Category X: Evidence of fetal risk. Risks outweigh any benefits.