

Over-the-Counter Medication in Pregnancy

We recommend that you try to limit any medication exposure during the first twelve weeks of the pregnancy. Please let us know prior to conception or as soon as you find out that you are pregnant regarding any regular medications that you take. We will counsel you regarding risks and benefits of your medication in pregnancy and help you to find the safest alternatives if a change is necessary. Please do not stop your medications without consulting with a provider first.

Listed below are some common medications that are safe in pregnancy if used according to package insert instructions. Please feel free to call us if you have any questions.

Pain relievers: Acetaminophen (*Tylenol, Extra Strength Tylenol*) may be used safely for headache and minor discomforts. We recommend that you avoid Ibuprofen (*Motrin, Advil*) and aspirin unless otherwise advised by a physician.

Cough Suppressant Guaifenesin may be used for several days. Consult a provider for persistent coughs or coughs associated with high fevers.

Antihistamines: Diphenhydramine (*Benedryl*), Chlorpheniramine (*Chlor-trimeton*), and Loratadine (*Claritin*) are safe in pregnancy.

Antibiotics: Penicillin, Amoxicillin and Erythromycin are the antibiotics most commonly used when needed during pregnancy. Be sure that any provider treating you is aware that you are pregnant.

Stool softeners: Fiber additives (*Metamucil, Fibercon*) and Docusate (*Colace*) may be used as directed on the package. Magnesium hydroxide (*Milk of Magnesia*) or Senna (*Senokot*) may be used occasionally if needed for severe constipation.

Antacids: Calcium carbonate (*Tums*) are safe and are a good source of calcium. Products containing magnesium hydroxide (*Mylanta, Maalox*) and acid reducers such as cimetidine (*Tagamet*), ranitidine (*Zantac*), omeprazole (*Prilosec*) and famotidine (*Pepcid*) may also be used.

Antifungals for vaginal yeast infection: Clotrimazole (*Gyne-Lotrimin*) products are the safest in pregnancy. Fluconazole (*Diflucan*) is NOT SAFE in pregnancy. If there is any question about your infection or your symptoms do not entirely resolve with treatment, please contact our office and schedule an office visit.