

Over the Counter Medications Approved for Use in Pregnancy

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| <p align="center">Pain medication</p> <p>Tylenol (acetaminophen) for minor aches and pains, headaches. Prescription meds with exam or consult only.</p> <p>DO NOT USE Aspirin (81mg ok, NOT 325mg) Motrin, Advil, Ibuprofen Aleve</p> | <p align="center">Heartburn, Indigestion, Gas</p> <p>Tums Maalox Mylanta Mylicon Pepcid AC or complete</p> <p>DO NOT USE Pepto-Bismol</p> |
| <p align="center">Antihistamines/Allergies</p> <p>Zyrtec Claritin Benadryl Chlor-Trimeton</p> | <p align="center">Decongestants</p> <p>Sudafed, Actifed Nasalcrom (1 spray each nostril 3-4 x day) Robitussin DM Tavist D Ocean Mist Nasal Spray</p> |
| <p align="center">Cough/Sore Throat</p> <p>Robitussin DM Mucinex Cool mist humidifier Alcohol free lozenges, such as cloraseptic Shower Soothers Vapor tabs</p> <p>**Call provider if persistent cough or fever greater than 101 degrees of with severe or persistent sore throat.</p> | <p align="center">Nausea</p> <p>Ginger Root Capsules 250mg 4 x day Vitamin B6 10-25mg 3-4 x day Unisom 25mg ½-1 tablets 3 x day Sea Bands (wrist acupressure) B-natal pregnancy pops (www.b-natal.com) * Eat small frequent meals high in protein (may try Ensure, Myoplex)</p> <p>*Call provider if persistent vomiting or inability to tolerate food/fluids for 24 hours</p> |
| <p align="center">Insomnia</p> <p>Unisom 25mg ½ - 1 tablet (not gelcaps or meltaways) Benadryl</p> | <p align="center">Yeast Infections</p> <p>Monistat or Gyne-Lotrimin externally only Acidophilus tablets or yogurt Attune pro-biotic bars</p> |
| <p align="center">Constipation</p> <p>Milk of Magnesia Over the counter stool softeners Benefiber Citrucel Colace Metamucil FiberCon/Fiberall</p> | <p align="center">Diarrhea</p> <p>Imodium (one dose only) Follow BRAT diet (banana, rice, applesauce, toast) Lactobacillus tablets</p> <p>** Call Provider if diarrhea persists more than two days or is accompanied by a fever.</p> |
| <p align="center">Hemorrhoids</p> <p>Preparation H Tucks Chilled Witch Hazel packs</p> | <p align="center">Toothache</p> <p>Orajel</p> |

Alternative medicine therapies to AVOID in pregnancy

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| Arbor vitae | Kava Kava |
| Beth root | Licorice |
| Black cohosh | Meadow saffron |
| Blue cohosh | Pennyroyal |
| Cascara | Poke root |
| Chaste tree berry | Ru |
| Chinese Angelica (Doug Quai) | Sage |
| Cinchona | St. John's Wort |
| Cotton root bark | Senna |
| Feverfew | Tansy |
| Ginseng | White Peony |
| Golden seal | Wormwood |
| Juniper | Yarrow |
| Yellow dock | Vitamin A (large doses can cause birth defects) |

Aromatherapy essential oil to AVOID during pregnancy

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| Calamus | Basil |
| Mugwort | Hysop |
| Pennyroyal | Myrrh |
| Sage | Marjoram |
| Wintergreen | Thyme |

*****Please note: No drug can be considered 100% safe during pregnancy**

FDA Classification of Drug Safety during Pregnancy

Category A: Controlled studies in women fail to demonstrate a risk to the fetus in the first trimester (and there is no evidence of risk in later trimesters), and the possibility of fetal harm appears remote.

Category B: Either animal reproduction studies have not demonstrated a fetal risk but there are no controlled studies in pregnant women, or animal reproduction studies have shown an adverse effect (other than a decrease in fertility) that was not confirmed in controlled studies in women in the first trimester (and there is no evidence of risk in later trimesters).

Category C: Either studies in animals have revealed adverse effects on the fetus (teratogenic or embryocidal or other) and there are no controlled studies in women or studies in women or animals available. Drugs should be given only if the potential benefit justifies the potential risk to the fetus.

Category D: There is positive evidence of human fetal risk, but the benefits from use in pregnant women may be acceptable despite the risk (e.g., if the drug is needed in a life-threatening situation or for a serious disease in which safer drugs cannot be used or are ineffective).

Category X: Studies in animals or human beings have demonstrated fetal abnormalities or there is evidence of fetal risk based on human experience, and the risk of the use of the drug in pregnant women clearly outweighs any possible benefit. The drug is contraindicated in women who are or may become pregnant.