

- During pregnancy, **a pregnant woman must be careful about anything she eats, drinks, smokes, inhales, and swallows.** Please inform your medical provider of all medications [prescribed, over the counter, vitamins, & herbal supplements] that you are taking. Your provider will determine which are safe for you to take during pregnancy.
- **Avoid all tobacco, alcohol, marijuana, street drugs [example: cocaine, crack, heroin, LSD, meth], and unprescribed pain medications during pregnancy.** All of these substances pass through the mother to the unborn baby and may cause harmful effects on the health of the pregnancy and for the health of the baby. Please be honest with your medical provider if you are having problems with substance use/abuse. Your prenatal provider will review the options that will help keep you and your baby safe.
- **Always inform any medical provider you see during pregnancy of your pregnancy. Some medications are not considered safe during pregnancy. Your provider will determine what is safe for you to take during pregnancy.**
- **AVOID** all medications that contain Ibuprofen [such as Aleve, Motrin, and Advil] and Aspirin unless your provider specifically recommends the medication. These medications may cause bleeding problems for mother and baby.
- If you are taking prescription medications for health conditions such as high blood pressure, diabetes, thyroid disorders, or mental health conditions [depression, anxiety], you should immediately contact the medical provider prescribing these medications and inform them of your pregnancy. The medical provider will determine if these medications are safe during pregnancy. **DO NOT STOP** your medications until you talk with your provider.
- Flu vaccine is highly recommended during pregnancy for the pregnant mother & her immediate family members. During pregnancy, the inactivated influenza is recommended for the mother. Talk with your provider about the most appropriate time to receive the vaccine.
- Most common antibiotics may be prescribed in pregnancy for specific indications [example urinary tract infections, upper respiratory or sinus infections].
- It is best to avoid ALL medications in the first trimester [1st 13 weeks of pregnancy], but it is safe to use the following medications at any time during the pregnancy if absolutely necessary, especially after 13 weeks of pregnancy.

*[The following medications should be taken as directed on the package information.]

- **HEADACHES/DISCOMFORT/MUSCLE ACHES**
Tylenol/Acetaminophen (Regular or Extra Strength)
Icy-Hot, Bengay (muscle pain)

- **COLDS/ALLERGIES/COUGH**

- Benadryl, Claritin, Zyrtec, Allegra, Nasalcrom {runny nose, itchy/watery eyes}
- Tylenol Sinus (nasal/sinus congestion)
- Robitussin DM (cough)
- Mucinex DM (congestion)
- Saline nasal spray
- Cough drops/throat lozenges

**Most cold preparations contain high doses of a combination of medications [referred to as the “shotgun” approach]. Although they may be safe in pregnancy, you will take less medication overall if you try to treat specific symptoms [for example, Tylenol for muscle aches and fever and Robitussin for cough]. Do not take "sustained release", "sustained action", or "multi-symptoms" forms of these medications.

- **ANTACIDS/HEARTBURN**

- Tums, Mylanta, Maalox, Pepcic
- Tagament, Prevacid, Protonix
- Omeprazole (Prilosec OTC)

- **CONSTIPATION**

- Fiber supplements: Metamucil, Fibercon
- Stool softeners (Senakot OR Colace)
- Milk of Magnesia
- Dulcolax
- Fleet’s enema
- Miralax

- **HEMORRHOIDS**

- Tucks
- Preparation H
- Anusol
- Witch Hazel

- **NAUSEA/VOMITING**

- Ginger
- Benadryl
- Dramamine

- **RASH/SKIN IRRITATIONS**

- Hydrocortisone cream/ointment
- Benadryl cream
- Caladryl lotion/cream
- Oatmeal bath (Aveeno)