



Medication in Pregnancy

While some medications are considered safe in pregnancy, most medication effects in pregnancy are unknown. However, that does **NOT** mean these other medications cause problems or birth defects. This is because from an academic and ethical standpoint, studies cannot be done that *might* put a mother or her baby at risk. As a result, we ask that you pay attention to your medications while you are pregnant. This is especially important in the first trimester when fetal development is most important.

Let us know immediately of any prescription medications you are on while pregnant so we can discuss and weigh the risks and benefits of it with you. In some cases, the risk of not taking the medication may be worse than the risk associated with taking the medication. If you are put on a new medication outside of our office, tell the doctor you are pregnant.

Below is a list of medications that have no known harmful effects in pregnancy when taken appropriately.

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| Allergy: | Benadryl |
| Cough and cold: | Tylenol, Sudafed, Robitussin DM, Triaminic, Vicks, Halls |
| Constipation: | Metamucil, Citrucil, Fibercon, Colace, Milk of Magnesia, Senekot |
| Diarrhea: | Imodium (after first trimester) |
| Heartburn: | Maalox, Mylanta, Tums, Zantac, Pepcid |
| Hemorrhoids: | Preparation H, Anusol, Tucks, Witch hazel |
| Nausea and vomiting: | Vitamin B6 |
| Rash/Derm: | Hydrocortisone cream, Benadryl cream |
| Yeast infection: | Monistat |
| Vitamins: | Prenatal vitamins, prescription or over the counter (General vitamins can have too much of some things) Omega fatty acid products (ex. Enfamil lipil) (Often included in prescription vitamins now) |
| Other: | Neosporin, Bacitracin |

We recommend NOT taking over the counter medications unless it is necessary. If you have questions about other medications or supplements/herbs, please ask. Remember, other medications are often used in pregnancy but only after a discussion about risks and benefits. **No drug can be considered 100% safe to use during pregnancy.**

