

Can I Take It?

If your feeling under the weather or having some aches and pains, your best bet is to try some non-pharmaceutical remedies (see common discomfort handout for some ideas). If the problem persists, a pill or cream might be the answer. The following list is a generally guide for the safe use of medications in pregnancy.

MEDICATION	1 st trimester 0-13 weeks	2 nd trimester 14-29 weeks	3 rd trimester 29-40 weeks
Antacids/ reflux/ upset stomach			
Plain Maalox, Mylanta, Tums, Roloids	Yes	Yes	Yes
Pepto-Bismol (bismuth subsalicylate)	No	No	No
Pepcid (famotidine)	Yes	Yes	Yes
Zantac (ranitidine)	Yes	Yes	Yes
Tagamet (cimetidine)	Yes	Yes	Yes
Prilosec (omeprazole)	Yes	Yes	Yes
Anti-diarrheals and anti-nausea			
Imodium capsules (loperamide)	Yes	Yes	Yes
Kaopectate (bismuth subsalicylate)	No	No	No
Doxylamine (Unisom sleep tabs)	Yes	Yes	Yes
Antihistamines/ decongestants/ cough/ cold			
Afrin nasal spray	No	No	no
Benadryl (diphenhydramine)	Yes	Yes	Yes
Chlor-trimeton (chlorpheniramine)	Yes	Yes	Yes
Clarinet, Alavert (loratadine)	Yes	Yes	Yes
Mucinex (guaifenesin)	Yes	Yes	Yes
Mucinex-D (guaifenesin+pseudoephedrine)	No	Yes	Yes
Phenylephrine	No	No	No
Sudafed (pseudoephedrine)	No	Yes	Yes
Robitussin Cough, Delsym (dextromethorphan)	Yes	Yes	Yes
Robitussin CF cough & cold (dextromethorphan + guaifenesin + phenylephrine)	No	No	No
Robitussin DM (dextromethorphan + guaifenesin)	Yes	Yes	Yes
Zicam	Yes	Yes	Yes
Zyrtec (cetirizine)	Yes	Yes	Yes
Pain / Fever			
Aleve (naproxen sodium)	No	Yes	No
Asprin	No	No	No
Motrin, Advil (ibuprofen)	No	Yes	No
Tylenol (acetaminophen)	Yes	Yes	Yes
Topical creams/ ointments			
Benadryl, hydrocortisone, caladryl	Yes	Yes	Yes
Retin A	No	No	No
Bacitracin	Yes	Yes	Yes
Neosporin	Yes	Yes	Yes
Polysporin	Yes	Yes	Yes
Laxatives/ stool softeners			
Citrucel (methylcellulose powder)	Yes	Yes	Yes
Colace (docusate sodium)	Yes	Yes	Yes
Dulcolax Tablets (bisacodyl)	Yes	Yes	Yes
Milk of Magnesia	Yes	Yes	Yes
Miralax (PEG)	Yes	Yes	Yes
Senokat (senna)	Yes	Yes	Yes
Metamucil	Yes	Yes	Yes

Just because a medication is listed as a “yes” above doesn’t mean it’s a good idea to take regularly- but that it is generally okay to take as needed. All medications are one of five categories (you can find more information online):

Category A: Adequate studies show no 1st trimester risk. There is no evidence risk in later trimesters.

Category B: Studies in animals failed to show risk and there aren’t adequate studies in pregnant humans

Category C: Animal studies show adverse effect. There are no adequate studies in humans. Use when benefit outweighs risk.

Category D: There is evidence of risk to the human fetus. Use with MD supervision.

Category X: Studies demonstrate risk or link to fetal abnormalities. Use with MD supervision.