

MEDICATIONS AND PREGNANCY

If possible, you should try and avoid any medication during the first 12 weeks of your pregnancy. However, occasionally you may need to take something.

The following is a list of medications that are appropriate to use in pregnancy.

<u>Allergies:</u>	Actifed, Claritin, Zyrtec, Normal Saline Nose Spray (for dry nasal passages)		
<u>Backache:</u>	Tylenol Regular Strength or Extra Strength		
<u>Cold &/or Flu:</u>	Tylenol Regular Strength		
<u>Congestion:</u>	Actifed, Claritin, Musinex, Vicks Vapor Rub, Sudacare Vaporizing Shower Tablets		
<u>Constipation:</u>	<u>Bulking agents</u>	<u>Laxatives</u>	<u>Stool Softeners</u>
	Metamucil	Senekot	Colace
	Fibercon	Pericolace	Doxidan
	Fiberall	<u>Fleets Enema only if no bowel movement after 3 days</u>	Dulcolax
	Benefiber		Milk of Magnesia
	Citrucel		
<u>Cereals that may help:</u>	Cracklin' Oat Bran / Uncle Sam Cereal		
<u>Cough:</u>	Robitussin DM, Vicks Cough Syrup, Throat Spray, Throat Lozenges		
<u>Diarrhea:</u>	Imodium AD, Increase fluids- Gatorades / PowerAide / Pedialyte / Water		
<u>Fever &/or Headache:</u>	Tylenol Regular or Extra Strength		
<u>First Aid:</u>	Neosporin Ointment, Bacitracin Ointment		
<u>Gas:</u>	Gas X, Phayzyme, Simethicone		
<u>Heartburn/Indigestion:</u>	<u>Antacids</u>	<u>Acid Reducers</u>	
	Maalox	Zantac - once or twice daily	
	Tums	Tagament - once or twice daily	
	Gaviscon	Pepcid AC - as package directions	
		Prevacid - as package directions	
<u>Hemorrhoids:</u>	Preparation H, Anusol HC, Tucks Wipes		
<u>Insomnia:</u>	Benadryl, Tylenol PM - as package directions		
<u>Leg cramps:</u>	Tums - take one three times a day		
<u>Nausea &/or Vomiting:</u>	Benadryl, Tylenol PM - as package directions		
<u>Rashes/Itching or Insect Bites:</u>	Benadryl, Zyrtec, Claritin, Hydrocortisone cream/lotion or ointment, Benadryl cream/lotion or ointment, Caladryl lotion/cream, Aveeno Oatmeal baths		
<u>Sore Throat:</u>	Tylenol Regular or Extra Strength as needed, Throat Spray, Throat Lozenges, Gargle		

The Food and Drug Administration (FDA) has a system to rate drugs in terms of their safety during pregnancy. This system rates both over-the-counter (OTC) drugs you can buy in a drug or discount store, and drugs your health care provider prescribes. Most medicines have not been studied in pregnant women to see if they cause damage to the growing fetus. Always talk with your health care provider if you have questions.

The FDA system ranks drugs as:

- **Category A** - drugs that have been tested for safety during pregnancy and have been found to be safe. This includes drugs such as folic acid, vitamin B6, and thyroid medicine in moderation, or in prescribed doses.
- **Category B** - drugs that have been used a lot during pregnancy and do not appear to cause major birth defects or other problems. This includes drugs such as some antibiotics, *acetaminophen* (Tylenol), *aspartame* (artificial sweetener), *famotidine* (Pepcid), *prednisone* (cortisone), *insulin* (for diabetes), and *ibuprofen* (Advil, Motrin) before the third trimester. Pregnant women should not take ibuprofen during the last three months of pregnancy.
- **Category C** - drugs that are more likely to cause problems for the mother or fetus. Also includes drugs for which safety studies have not been finished. The majority of these drugs do not have safety studies in progress. These drugs often come with a warning that they should be used only if the benefits of taking them outweigh the risks. This should be discussed with a doctor. These drugs include *prochlorperazine* (Compazine), and *ciprofloxacin* (Cipro). Some antidepressants are also included in this group.
- **Category D** - drugs that have clear health risks for the fetus and include alcohol, *lithium*, *phenytoin* (Dilantin), and most chemotherapy drugs to treat cancer.
- **Category X** - drugs that have been shown to cause birth defects and should never be taken during pregnancy. This includes drugs to treat skin conditions like *cystic acne* (Accutane) and *psoriasis* (Tegison or Soriatane); a sedative (thalidomide); and a drug to prevent miscarriage used up until 1971 in the U.S. and 1983 in Europe (*diethylstilbestrol* or DES).

Aspirin and other drugs containing *salicylate* are not recommended during pregnancy, especially during the last three months. In rare cases, a woman's health care provider may want her to use these types of drugs under close watch.

Acetylsalicylate, a common ingredient in many OTC painkillers, may make a pregnancy last longer and may cause severe bleeding before and after delivery.