



MEDICATIONS IN PREGNANCY

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Medications, whether prescription or over-the-counter (OTC), should be avoided if possible during pregnancy. There is especially increased risk of effect on the fetus during organ system development in the first trimester. If you are currently taking any medications, consult the prescribing physician for safety information and/or check all medications at www.safefetus.com.

Risk factors (A,B,C,D, and X) have been assigned to all drugs based on the level of risk the drug poses to the fetus:

Category	
A	No risk to the fetus (certain vitamins, and thyroid hormones)
B	Probably safe.
C	No human studies, consider only if the benefit outweighs potential harm (most OTC* are in this category)
D	There is positive evidence of human fetal risk.
X	Definite fetal abnormalities, and the risks outweigh any benefit.

*OTC = over the counter

For common complaints encountered in pregnancy:

- low-grade fever : Tylenol (Acetaminophen) and call your physician
- mild-moderate pain: Tylenol (regular or extra strength)
- nausea: Take smaller, frequent meals and keep something bland on your stomach at all times. Try small amounts of a single food, and add variety as you feel better. Take prenatal vitamins in the evening with something on your stomach if you can; if not, at least take your folic acid supplement. Weak tea, ginger tea, very cold carbonated drinks (in moderation) and crushed ice or ice-pops may sit easier on your stomach. Sit upright after meals and sip fluids between meals. Any of the following taken as directed.

Emetrol (OTC)

Reglan (Class B)

Unisom (OTC)

Vitamin B6 (OTC)

Zofran (class B)

Ginger (OTC)

Phenergan (Class C)

- constipation: increase your fluid intake and supplement fiber in your diet

Fibercon	Milk of magnesia (magnesium hydroxide)
Metamucil	Pericolace (OTC) = stool softener and mild laxative
Colace or docusate	
- heartburn/reflux: eat smaller frequent meals, avoid spicy, seasoned, or fried food and some fruits that may exacerbate your heartburn; or any of the following taken as directed.

TUMS (OTC)	Tagamet (Class B)
Mylanta (OTC)	Reglan (Class B)
Maalox	Protonix 40 (Class B)
Riopan Plus	Prevacid (Class B)
Zantac (Class B)	
- diarrhea: keep hydrated with plenty of clear fluids; or any of the following
 - Kaopectate (does not cross the placenta)
 - Immodium (Class B)
 insomnia: Chamomile Tea and Benadryl
- sinusitis/allergies: Any of the following taken as directed.
 - Chlor-Trimeton (chlorpheniramine)
 - Benadryl (also helpful with insomnia and nausea)
 - Claritin (Class B)
 - Tylenol cold and sinus – limited use only
 - Zyrtec (Class B)
- congestion: limit use of decongestants since these can affect blood flow to the placenta;
 - saline spray 1-2 squeezes per nostril as needed
 - Sudafed (pseudoephedrine) or Sudafed PE (phenylephrine hydrochloride) – may keep you awake
- cough/sore throat:: any of the following taken as directed.
 - OTC cough drops
 - Robitussin DM (dextromethorphan) OTC (Class B)
 - Guaifenesin (Mucinex) OTC (Class B)
 - Gargle with warm salt water
- Flu Shot: It is the recommendation of the CDC that pregnant women should receive the Trivalent inactivated flu vaccine. The nasal flu-mist vaccine is *not* recommended in pregnancy

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