

Medications Approved for Use in Pregnancy and Breastfeeding

Many pregnant women develop problems with indigestion or heartburn, constipation, nasal congestion and acne due to hormonal changes that occur during pregnancy. During later pregnancy, the growing uterus can cause problems with heartburn, constipation and hemorrhoids much worse.

Many women experience nausea and vomiting during the first trimester, often referred to as “morning sickness.” While there are prescription anti-nausea medications available, first line treatment is with an over the counter regimen of Vitamin B6 and Doxylamine (Unisom). See below for details.

Below is the list of medications approved to treat common ailments during pregnancy and breastfeeding. All over the counter medications should be used as directed on packaging unless specified differently below.

Remember, we only recommend taking medication during pregnancy if necessary.

Nausea and vomiting: Vitamin B6, 25 mg taken 3-4 times per day WITH Doxylamine 12.5 mg (half of a 25 mg Unisom—over the counter sleep aid--tablet)

There is no problem with taking additional Vitamin B6 along with your prenatal vitamin.

Headache: Excedrin Migraine, Tylenol (Acetaminophen), Safe to take up to 1000 mg every 4-6 hours, as needed. Do not take more than 4000mg (4 g) in a 24-hour period.

Indigestion (Heartburn): Roloids, Maalox, Mylanta, Nexium, Pepcid, Prevacid, Prilosec, Tagamet, TUMS

Constipation: Colace, Metamucil, Citrucel, Benefiber, Milk of Magnesia, Miralax

Hemorrhoids: Preparation H (and HC), Anusol (and HC) topical creams and suppositories, Tucks Pads.

Diarrhea: Imodium A-D

Colds/Allergies: Claritin, Zyrtec, Benadryl, Lozenges, Saline Nasal Spray, Flonase Nasal Spray, Rhinocort Nasal Spray, Nasonex Nasal Spray

**** Do NOT use products that contain PHENYLEPHRINE or PSEUDOEPHEDRINE****

Cough: Delsym, Robitussin, Robitussin-DM, Mucinex, Mucinex-DM, Cough drops

Acne: Over the counter face washes are SAFE to use during pregnancy, even those that contain salicylic acid or benzoyl peroxide, since they are only applied briefly and washed immediately off the skin. Do NOT use any skin products that contain Retinol / Retinoic Acid

Yeast Infection: Monistat, Gyne-Iotrimin (Clotrimazole) if persistent itching consistent with yeast

Vaginal Itching: Vagisil if periodic, mild itching