

## Medication Use in Pregnancy

A good rule of thumb: Use as few medications (over-the-counter or prescription) as possible in pregnancy. Your baby is most vulnerable during the first trimester. Many medications are safe when used properly during pregnancy, but we must look at each situation. We don't know the effects of many medicines on developing babies, so we should use caution. We do know a few medications that cause problems to baby's development.

### Prescription medications

Medications can be safe, but your provider takes special care when prescribing medication to a pregnant woman. **Mention your pregnancy to any provider who prescribes your medication.**

### Safe medications during pregnancy

The following medications are considered to be safe during pregnancy in usual dosages:

#### Colds/Allergies

- Benadryl (diphenhydramine)
- Claritin (loratadine)
- Zyrtec (cetirizine hydrochloride)

#### Constipation

- Metamucil or other bulk-fiber therapies
- Milk of Magnesia

#### Constipation/Stool softener

- Colace (docusate sodium)

#### Coughs

- Cough drops/throat sprays
- Delsym (dextromethorphan)
- Robitussin (guifenesin)

#### Diarrhea

- Imodium

#### General Pain/Discomfort or Fever

- Tylenol, including extra strength (acetaminophen)

#### Hemorrhoids

- Anusol (hydrocortisone hemorrhoids remedies)
- Preparation H

#### Indigestion/Heartburn

- Antacids

#### Multivitamins

- Multivitamins (that have less than 100 percent RDA)

#### Vaginal Yeast Infections

- Vaginal yeast medications (Over-the-counter 7 day preparation)

*Your individual provider may recommend other medications. Check with your provider before taking other over-the-counter medicines not listed above.*

### Herbal, homeopathic and natural medicines

Many people use "natural medicines" and questions about their use in pregnancy are common. At any time, but especially during pregnancy, you should discuss alternative medicine with someone knowledgeable. Many supplements and remedies may be helpful and may be safe during pregnancy, but some would not be recommended. **If you are using any of these products, please discuss this with your provider.**

### Vaccines in pregnancy

Vaccines considered safe in pregnancy are:

- Hepatitis B
- Hepatitis A
- Influenza
- Pneumococcus
- Tetanus-diphtheria
- Pertussis (whooping cough)

If you have not received a pertussis booster as an adult, we recommend you receive a Tdap (Tetanus-diphtheria-Pertussis) vaccination at the beginning of your third trimester of pregnancy (around 28 weeks). We also advise that any adult (including grandparents or childcare provider) having contact with your baby during the first year of life have an up-to-date pertussis booster. They should

receive this booster at least two weeks prior to contact with your infant.

*Please refer to the “What is Pertussis” information in the booklet pocket for more information and recommendations.*