



WHAT MEDICATIONS ARE SAFE DURING PREGNANCY?

<p>Allergy Medications</p>	<p>Antihistamines that make you sleepy are generally safe. Examples are chlorpheniramine (Chlor Triplon) and diphenhydramine (Benadryl). Loratadine (Claritin), and certrizine (Reactine) are also okay. Antihistamines should only be used when necessary.</p>
<p>Cold Medications</p>	<p>For nasal congestion, try using nasal sprays for a few days, like HydraSense or Salinex. You can also use xylometazoline (Otrivin). Expectorants can be used for a phlegmy cough as long as they are not mixed with other cold medications. Examples are guaifenesin (Robitusin Plain). Cough suppressants can be used for irritating coughs, for example dextromethorphan (Benylin DM).</p>
<p>Anti-nausea Medications</p>	<p>Diclectin is well studied and considered safe. It should be used with caution for women who are still breastfeeding. Dimenhydrinate (Gravol) is considered safe for short-term use.</p>
<p>Asthma Medications</p>	<p>Most asthma medications are safe and should be continued in the pregnancy, as adequate oxygenation is essential to the developing fetus.</p>
<p>Heartburn Medications</p>	<p>Most over-the-counter antacids are considered safe. These include calcium carbonate (Tums, Rolaids), aluminum hydroxide (Maalox) and alginic compound (Gaviscon). Ranitidine (Zantac) should not be used. Long-term and excessive use can reduce absorption of iron, cause constipation, and can lead to kidney stones.</p>

Laxatives	Stimulant laxatives are generally not recommended. All bulk-forming preparations are safe, including Metamucil or Benefiber. Agents such as polyethylene glycol (Restoralax), lactulose, and magnesium hydroxide (Milk of Magnesia) are water-loving substances help to retain water in the colon to ease stool passage. Stool softeners like docusate sodium (Colace) are safe for short-term use. Stimulant laxatives trigger the nerves in your colon, irritating the bowel. These include senna and bisacodyl (Senakot, Ex-lax, Dulcolax). These are NOT recommended in pregnancy.
Pain Killers	Acetaminopen (Tylenol) is safe in recommended doses. ASA (Aspirin) and non-steroidal anti-inflammatory drugs (Advil, Motrin, Naprosyn) are generally NOT recommended in pregnancy, although some your midwife may recommend low-dose aspirin to you if you have certain risk factors in your pregnancy. Codeine is safe for occasional use. THC (pot, weed, marijuana) is not well studied but research suggests many increased risks including preterm birth and low-birth weight.
Yeast Treatments	Creams and suppositories for treatment of yeast infections are safe (Canesten, Monistat).
Vitamins	Taking prenatal vitamins throughout your pregnancy and for the duration of your breastfeeding is considered beneficial for both you and your baby. Certain vitamins in high levels can be harmful. By taking prenatal vitamins as directed, you are ensuring that you get the correct amounts. Ideally, folic acid should be started three months prior to pregnancy.

This is meant as a brief overview of common medications and their safety in pregnancy. For more individualized counseling, please speak to your pharmacist, midwife or family doctor.