

Medications in Pregnancy

Although it's a good idea to avoid all unnecessary drugs during pregnancy, there are times when the benefits outweigh the risk. Here is information and a list of common over-the-counter medications to help you choose safely and wisely.

When considering medications during pregnancy, look for the FDA Pregnancy Category information to help you make an informed decision. The FDA categorizes drug safety in pregnancy as follows:

Category A Adequate and well-controlled studies have failed to demonstrate a risk to the fetus in the first trimester of pregnancy (and there is no evidence of risk in later trimesters).

Category B Animal reproduction studies have failed to demonstrate a risk to the fetus and there are no adequate and well-controlled studies in pregnant women.

Category C Animal reproduction studies have shown an adverse effect on the fetus and there are no adequate and well-controlled studies in humans, but potential benefits may warrant use of the drug in pregnant women despite potential risks.

Category D There is positive evidence of human fetal risk based on adverse reaction data from investigational or marketing experience or studies in humans, but potential benefits may warrant use of the drug in pregnant women despite potential risks.

Category X Studies in animals or humans have demonstrated fetal abnormalities and/or there is positive evidence of human fetal risk based on adverse reaction data from investigational or marketing experience, and the risks involved in use of the drug in pregnant women clearly outweigh potential benefits.

Pain Medications

Acetaminophen	Tylenol	Category B, drug of choice
Ibuprofen	Motrin, Advil	Category B during the first and second trimesters Category D during the third trimester Use with caution
Naproxen Sodium	Aleve	Category B during the first and second trimesters Category D during the third trimester Use with caution

Antacids

Aluminum Hydroxide/ Magnesium Hydroxide	Maalox	Category B
Calcium Carbonate	Tums	Category not assigned, considered safe
Ranitidine	Zantac	Category B
Famotidine	Pepcid AC	Category B

Anti Nausea

Vitamin B6/ Doxylamine Succinate	Vitamin B6/Unisom	Category B
Dimenhydrinate	Dramamine	Category B

Cold/Cough/Allergy Medications

Safe Natural Remedies:	Vitamin C, Zinc, Airborne, Saline Nasal Spray, Neti Pot, Salt Water Gargle, Herbal Throat Lozenges	
Loratadine	Claritin	Category B
Diphenhydramine	Benadryl	Category B

Acetaminophen / chlorpheniramine	Coricidin	Category B
Chlorpheniramine	Chlor-Trimeton	Category B
Clemastine fumarate	Tavist	Category B
Pseudoephedrine	Sudafed, Dimetapp	Category C
Phenylephrine	Neosynephrine	Category C
Guaifenesin	Robitussin	Category C
Dextromethorphan	Robitussin, Vicks	Category C
Phenol	Chloraseptic	Category not assigned

Sleep Aids

Diphenhydramine	Benadryl, Somnex Maximum Strength Unisom SleepGels	Category B
Doxylamine succinate	Unisom	Category B

Skin/Itching/Scalp

Diphenhydramine	Benadryl Cream	Category B
Cortizone	CortAid, Cortizone 10	Category C
Calamine	Calamine	Category not assigned, considered safe
Malathion Lotion	Ovide	Category B

Bowel/Digestive

Safe fiber supplements include Fibercon, Citracel and Metamucil

Bisacodyl	Dulcolax	Category B
Polyethylene Glycol	MiraLax	Category C
Docusate	Colace	Category C
Senna	Senakot	Category C
Kaolin and pectin	Kaopectate	Category B
Loperamide	Imodium	Category B
Witch Hazel	Tucks	Category not assigned
Pramoxine/ Phenylephrine	Preparation H	Category not assigned, considered safe
Hydrocortisone	Anusol	Category C