Approved Medications during Pregnancy

Antacids for heartburn/acid reflux:
- Mylanta/Maalox – considered safe
- Rolaids – considered safe, excessive use should be avoided
- Tums – considered safe, excessive use should be avoided
- Zantac (ranitidine) – considered safe; preferred formulation
- Tagamet (cimetidine) – considered safe; preferred formulation
- Carafate (sucralfate) – considered safe; preferred formulation

Antibiotics:
- Penicillin/Amoxicillin – considered safe
- Keflex (cefazolin) – considered safe

Antiemetics:
- Tigan (trimethobenzamide) – considered safe
- Reglan (metoclopramide) – considered safe
- Zofran (ondansetron) – use limited to severe nausea and vomiting refractory to conventional treatments
- Diclegis (doxylamine (unisom) and vitamin B6) – considered safe

Antifungals:
- Monistat – considered safe

Antihistamines for allergies:
- Benadryl (diphenhydramine) – considered safe
- Chlortrimeton (chlorpheniramine) – considered safe
- Claritin (loratadine) – considered safe, preferred agent for allergies
- Zyrtec (cetirizine) – considered safe, preferred agent for allergies

Aspartame: Equal, NutraSweet, Splenda, Sweet ‘N Low, Sunett, Stevia – considered safe

Asthma medications:
- Singulair (montelukast) – considered safe
Cold Medications:

- Robitussin/Robitussin DM/Mucinex (guaifenesin/dextromethorphan) – reserve for severe cold symptoms
- Antihistamines (Benadryl) – considered safe
- Sudafed (pseudoephedrine) – avoid in the first trimester
- Cepacol (cetylpyridinium) – considered safe
- Tylenol (acetaminophen) – considered safe; drug of choice

Laxatives:

- Metamucil (psyllium) – considered safe
- Milk of Magnesia (magnesium hydroxide) – considered safe

Pain and Fever:

- Tylenol (acetaminophen) – considered safe; drug of choice

Vaccines:

- Tdap – considered safe
- Influenza – considered safe

Valtrex (valacyclovir) – considered safe