

Approved Medications during Pregnancy

Acne:

- Oral Zithromax (erythromycin) - considered safe, some cardiovascular anomalies in observational studies with early exposure
- Topical erythromycin – considered safe
- Topical cleocin (clindamycin) – considered safe
- Topical Finacea/Azelex (azelaic acid) – considered safe

Acyclovir – considered safe

Anaphylaxis:

- EpiPen (epinephrine) – considered safe

Antacids for heartburn/acid reflux:

- Mylanta/Maalox – considered safe
- Roloids – considered safe, excessive use should be avoided
- Tums – considered safe, excessive use should be avoided
- Tagamet (cimetidine) – considered safe; preferred formulation
- Carafate (sucralfate) – considered safe; preferred formulation
- Prilosec (omeprazole) – considered safe when clinically indicated
- Prevacid (lansoprazole)- considered safe when clinically indicated
- Protonix (pantoprazole) – considered safe when clinically indicated

Antidiarrheal:

- Imodium (loperamide) – data is limited, but may be used in small amounts for severe symptoms

Antiemetics:

- Tigan (trimethobenzamide) – considered safe
- Reglan (metoclopramide) – considered safe
- Zofran (ondansetron) – use limited to severe nausea and vomiting refractory to conventional treatments
- Diclegis (doxylamine (unisol) and vitamin B6) – considered safe
- Emetrol (fructose/dextrose/orthophosphoric acid) – avoid if diabetic

Antifungals:

- Monistat – considered safe
- Terazol – use should be avoided in the first trimester, can be considered in the second and third trimester if benefits outweigh the risks

Antihistamines for allergies:

- Allegra (fexofenadine) – information is limited
- 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:

- Pulmicort (budesonide) – avoid high doses in the first trimester; preferred inhaled corticosteroid in pregnancy
- Albuterol (salbutamol) – preferred short acting agent for the treatment of asthma exacerbation in pregnancy
- Serevent (salmeterol)- reserved for moderate to severe asthma in pregnancy
- Singulair (montelukast) – considered safe
- Qvar (beclomethasone) – avoid high doses in the first trimester
- Flovent (fluticasone) – avoid high doses in the first trimester

Bactrim (trimethoprim-sulfamethoxazole) – use should be avoided in the first trimester and >32 weeks pregnant; only use when absolutely needed

Bipolar Disorder:

- Haldol (Haloperidol) – considered safe; try to avoid in the first trimester; preferred formulation for mania; usually used acutely
- Lamictal (Lamotrigine) – considered safe; preferred formulation for depression; serum levels should be monitored during pregnancy
- Zyprexa (Olanzapine) – considered safe
- Seroquel (Quetiapine) – considered safe
- Prozac (Fluoxetine) – considered safe
- Lithobid (Lithium) – recommended when benefits outweigh the risks at the lowest possible doses; try to avoid in the 1st trimester; discontinue 24-48 hours prior to delivery; serum levels should be monitored during pregnancy

Blood clotting disorders/Deep Vein Thrombosis/Pulmonary Embolism:

- Lovenox (enoxaparin) – considered safe; should be discontinued 24 hours prior to an induction or cesarean delivery
- Unfractionated Heparin – considered safe

Cephalosporins:

- Keflex (cefazolin) – considered safe
- Ceftin (cefuroxime) – considered safe
- Ceclor (cefaclor) – considered safe
- Rocephin (ceftriaxone) – 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) – drug of choice for pain/fever

Depression/Anxiety:

- Zoloft (Sertraline) – considered safe; preferred formulation
- Prozac (Fluoxetine) – considered safe
- Celexa (Citalopram) – considered safe
- Lexapro (Escitalopram) – considered safe
- Wellbutrin (Bupropion) – considered safe
- Effexor (Venlafaxine) – considered safe
- Cymbalta (Duloxetine) – considered safe
- Remeron (Mirtazepine) – considered safe
- Paxil (Paroxetine) – recommended only in the setting where a patient has had a good response to the formulation

Diabetes:

- Humulin/Novolin (Regular Human Insulin/NPH) – considered safe
- Humalog (Lispro) – considered safe
- Novalog (Aspart) – considered safe
- Lantus (Glargine) – considered safe
- Levemir (Detemir) – considered safe
- Glucophage (Metformin) – considered safe
- Glynase (Glyburide) – considered safe; per manufacturer glyburide should be discontinued at least 2 weeks before delivery date

Epilepsy:

- Lamictal (Lamotrigine) – considered safe at low doses; monitor drug levels; patients should be on 4 mg of folic acid
- Keppra (Levetiracetam) – considered safe at low doses; monitor drug levels; patients should be on 4 mg of folic acid

Fever:

- Tylenol (acetaminophen) – drug of choice

Flagyl (Metronidazole) – topical is considered safe; oral use should be avoided in the first trimester if possible

Hemorrhoids:

- Preparation H /Anusol (hydrocortisone/phenylephrine) – hydrocortisone should be used in low doses for a short period of time; phenylephrine should be used with caution in patients with hypertension and diabetes

High Blood Pressure:

- Aldomet (methyldopa) – considered safe
- Labetalol – considered safe
- Procardia (nifedipine) – considered safe
- Hydrochlorothiazide – considered safe

Hydrocortisone topical cream/ointment – should be used in low doses for a short period of time

Inflammatory Bowel Disease:

- Flagyl (Metronidazole) - should be limited to short courses with avoidance during the first trimester
- Budesonide - should be used minimally in the first trimester and at the lowest possible dose for as short a duration as possible
- Aminosalicylates: Sulfasalazine and mesalamine (5-ASA, nonenteric coated) - considered safe during pregnancy. Patients on sulfasalazine should be on 2 mg of folate.
- Cyclosporine - Used for severe steroid refractory ulcerative colitis and should be used at the lowest possible dose; avoid in the first trimester
- TNF Inhibitors (Certolizumab (cimzia), Infliximab (remicade), adalimumab (humira) and golimumab) – considered safe throughout pregnancy. Infliximab (remicade), adalimumab (humira) and golimumab are usually stopped in the 3rd trimester if possible.

Insomnia:

- Benadryl (diphenhydramine) – considered safe
- Unisom (doxylamine) – considered safe

Laxatives:

- Metamucil (psyllium) – considered safe
- Miralax (polyethylene glycol) – limited research available, use when other methods are inadequate
- Milk of Magnesia (magnesium hydroxide) – considered safe
- Colace (docusate) – considered safe when used short-term
- Senna – considered safe when used short-term
- Pericolace (docusate/senna) – considered safe when used short-term

Lupus:

- Low dose aspirin – considered safe, stop at 37 weeks
- Prednisone – avoid use in the first trimester; when needed, the lowest possible dose should be used
- Plaquenil (Hydroxychloroquine) – considered safe ; preferred formulation
- Azathioprine – considered safe at very low doses
- Cyclosporine – should be used at the lowest possible dose, avoid in the first trimester
- Tacrolimus – considered safe when needed

Macrobid (Nitrofurantoin) – use should be avoided if possible in the first trimester; contraindicated in patients who are full term

Migraines:

- Tylenol (acetaminophen) – drug of choice; 1st line agent
- Reglan (metoclopramide 10 mg) – considered safe; 1st line agent
- Codeine (30 mg) – avoid in the 1st trimester, use minimal dose for short term duration; 1st line agent
- Fioricet (butalbital-acetaminophen-caffeine) – avoid in the 3rd trimester; 1st line agent
- NSAIDS (Naproxen/Ibuprofen) – safe for use in the 2nd trimester; 2nd line agent
- Aspirin – avoid in the 3rd trimester; 2nd line agent
- Percocet (Oxycodone) – considered safe for short term use; avoid use close to delivery; 3rd line agent
- Imitrex (Sumatriptan) – considered safe for moderate to severe symptoms when 1st line agents have failed

Muscle relaxant:

- Flexeril (cyclobenzaprine) - considered safe

Multiple Sclerosis:

- Avonex (Interferon Beta) – safe if needed, although research is limited
- Copaxone (Glatiramer) – safe if needed, although research is limited
- Natalizumab – likely safe, research is limited, avoid use in the third trimester

Nasal preparations for allergies and rhinitis:

- Flonase (fluticasone) – considered safe in low doses
- Nasonex (mometasone) – considered safe in low doses
- Rhinocort (budesonide) – considered safe in low doses; preferred formulation
- Atrovent (ipratropium) – considered safe; preferred formulation
- Rhinaris (cromolyn) – considered safe; preferred formulation
- Beclomethasone – considered safe in low doses

Pain Medications:

- Tylenol (acetaminophen) - drug of choice
- Codeine – avoid in the first trimester, safe at low doses for short term use
- Vicodin (hydrocodone) – avoid in the first trimester, safe at low doses for short term use
- Percocet (oxycodone) – avoid in the first trimester, safe at low doses for short term use; avoid right before labor
- NSAIDs (motrin, advil, ibuprofen, naproxen, aleve) – can be used safely with short term use in the second trimester

PCOS: Glucophage (Metformin) – considered safe

Penicillin/Amoxicillin/Ampicillin – considered safe

Prednisone – considered safe in 2nd and 3rd trimester when used in low doses for a limited period of time

Rheumatoid Arthritis:

- Prednisone – can be used safely at low doses for shortest possible duration; avoid in the first trimester
- NSAIDs (motrin, advil, ibuprofen, naproxen, aleve) – can be used safely with short term use in the second trimester
- Sulfasalazine – considered safe; patients should be on 2 mg of folic acid
- TNF Inhibitors (Certolizumab (cimzia), Infliximab (remicade), adalimumab (humira) and golimumab) – considered safe throughout pregnancy. Infliximab (remicade), adalimumab (humira) and golimumab are usually stopped in the 3rd trimester if possible
- Plaquenil (Hydroxychloroquine) – considered safe

Tamiflu (Oseltamivir) – considered safe for the treatment and prophylaxis of influenza in pregnancy

Thyroid Disease:

- Synthroid (levothyroxine) – considered safe for hypothyroidism
- Propylthiouracil – safe in the first trimester in the treatment of hyperthyroidism
- Methimazole – safe in the second and third trimester in the treatment of hyperthyroidism

Vaccines:

- Tdap – considered safe
- Influenza – considered safe

Valtrex (valacyclovir) – considered safe

Xylocaine (Lidocaine) – considered safe when used topically and for dental procedures; when used systemically, fetal monitoring should be performed

Zithromax (Erythromycin) – considered safe, try to avoid in the first trimester if possible