

Limit medication use as much as possible, especially during your first trimester (1-14 weeks). The following medications are generally considered safe during pregnancy, but you should discuss taking any medication, over-the-counter or prescription, with your health care provider. Generic equivalents to prescription medications are acceptable.

| medications during pregnancy |

Generally considered safe:

ACNE

Benzoyl peroxide
Salicylic acid
(Avoid: retinols, including Retin-A® tablets and cream)

ALLERGY

Allegra®
Benadryl®
Claritin®
Singulair®
Zyrtec®

CONSTIPATION

Citrucel®
Colace®
Dulcolax®
FiberCon®
Metamucil®
Milk of magnesia
MiraLAX®
Senokot®
Surfak®

COUGH/COLD/ CONGESTION

Afrin® (no longer than 3 days)
Allegra®
Benadryl®
Cepacol®
Chloraseptic® spray/lozenges
Chlor-Trimeton®
Cough drops
DayQuil®
Delsym®
Dimetapp®
Dristan® nasal spray
(no longer than 3 days)
Flonase®
Halls®
Mucinex®

Ocean Nasal Spray®
Rhinocort®
Robtussin® (plain or DM)
Sudafed®
(active ingredient pseudoephedrine is preferable to phenylephrine and will be behind the pharmacy counter)
Triaminic®
Tylenol®
Tylenol® Cold, Sinus, Flu and Multisymptom
Zicam®

DIARRHEA

Imodium®
Kaopectate®

FEVER BLISTERS

Abreva®
Valtrex®

GAS

Gas-X®
Phazyme®

HEADACHE/FEVER

Acetaminophen (Tylenol®)

HEARTBURN/ INDIGESTION

Beano®
Gas-X®
Gaviscon®
Maalox®/Maalox Plus®
Mylanta®
Pepcid AC®
Prilosec®
Rolaids®
Tagamet®
Tums®
Zantac®

HEMORRHOIDS

Anusol®
Preparation H®
Tucks®

INFECTION REQUIRING ANTIBIOTICS

Amoxicillin
Z-Pak®

INSECT REPELLANT

Skin So Soft

NAUSEA/VOMITING

Dramamine®
Emetrol®
Unisom®
Vitamin B6 (50-150 mg daily)

SKIN IRRITATION

Benadryl®
Cortisone cream 1%
Lanacort®
Polysporin®

SLEEP/INSOMNIA

Benadryl®
Tylenol PM®
Unisom®

YEAST/FUNGAL INFECTIONS

Femstat®
Lotrimin®
Monistat®

DO NOT TAKE:

Aspirin, ibuprofen, Advil®, Motrin®, Aleve® or other medications containing ibuprofen or naproxen unless recommended by your doctor.

| vaccinations during pregnancy |

➤ Facts about Tdap (Tetanus, Diphtheria, Pertussis) Vaccine

- The Tdap vaccine provides protection from tetanus, diphtheria and pertussis (whooping cough) for adults, adolescents and the babies of women who receive the vaccine during pregnancy.
- Tetanus, diphtheria and pertussis are serious diseases that can be fatal.
- The incidence of pertussis has risen in recent years, particularly among babies younger than six months and teenagers.
- Infants 12 months and younger are more likely to experience serious complications or die from pertussis.
- Infants need the protection provided by their mother's Tdap vaccination because they are not protected by their own vaccine until at least six months of age.

➤ Who should receive the Tdap vaccine

- All pregnant women should receive a Tdap vaccination during each pregnancy, between 27 and 36 weeks gestation.
- Tdap vaccination during pregnancy protects infants from pertussis during their first year of life, until they can receive their own vaccination series.
- Any new mother not vaccinated during pregnancy should receive Tdap before hospital discharge, even if breastfeeding.
- All family members, caregivers and other close contacts of infants should receive the Tdap vaccine to protect babies from these diseases.

➤ Who should NOT receive the Tdap vaccine

- Those who've had a severe adverse or allergic reaction to a prior dose of Tdap or a severe allergic reaction to any of the vaccine components.
- Anyone with a recognized, possible or potential neurologic condition should delay Tdap vaccination until the condition is evaluated, treated and/or stabilized.

➤ Facts about flu vaccine during pregnancy

- All pregnant women should receive the flu vaccine during pregnancy. Recent studies continue to show its safety and effectiveness.
- Flu is highly contagious and can be especially dangerous for pregnant women. A woman's immune system changes during pregnancy, increasing the risk of serious illness and complications caused by flu, including pneumonia and premature labor.
- Flu vaccination during pregnancy helps protect infants from the flu until they can receive their own vaccine at six months of age.
- Flu vaccination is recommended early in the flu season, which is October through May, although vaccination can be administered any time during the season.
- Inactivated flu vaccine (flu shot) is recommended; pregnant women should not receive the live attenuated vaccine (nasal mist).

