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.

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®
- Kapectate®

**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®
- Rolaid®
- Tagamet®
- Tums®
- Zantac®

**HEMORRHOIDS**
- Anusol®
- Preparation H®
- Tucks®

**INFECTION REQUIRING ANTIBIOTICS**
- Amoxicillin
- Z-Pak®

**INSECT REPELLENT**
- 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.
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).