

## **What Medications Are Safe to Take During Pregnancy?**

Prenatal vitamins are safe and important to take when you're pregnant. Ask your health care provider about the safety of taking other vitamins, herbal remedies, and supplements.

Generally, you should not take any OTC medication while pregnant unless it is necessary.

The following medications and home remedies have no known harmful effects during pregnancy when taken according to the package directions. Contact your doctor for additional information on their safety or for medications not listed here.

### **Safe Medications To Take During Pregnancy**

**(Note: No drug can be considered 100% safe to use during pregnancy)**

#### **Allergy**

- Benadryl (diphenhydramine)
- Claritin
- Zyrtec

Check with your doctor before taking these in the first trimester.

#### **Cold and Flu**

- Tylenol (acetaminophen)
- Saline nasal drops or spray
- Warm salt/water gargle

Check with your doctor before taking any other medications, especially in the first trimester.

#### **Constipation**

- Colace
- Metamucil

#### **First Aid Ointment**

- Bacitracin
- J&J First-Aid Cream
- Neosporin
- Polysporin

#### **Rashes**

- Benadryl cream
- Caladryl lotion or cream
- Hydrocortisone cream or ointment
- Oatmeal bath (Aveeno)

## **What Alternative Therapies Are Considered Safe During Pregnancy?**

Some alternative therapies have been shown to be safe and effective for pregnant women to relieve some of the uncomfortable side effects of pregnancy. Talk it over with your doctor first before using any of them. And remember,

“Natural” doesn’t always equal “safe” when you’re pregnant.

What Alternative Therapies Are Considered Safe During Pregnancy? continued...

**Nausea in early pregnancy:** Acupuncture, acupressure, ginger root (250 milligram capsules 4 times a day), and vitamin B6 (pyridoxine, 25 milligrams two or three times a day) work well. Sipping the thick syrup from inside a can of peaches, pears, mixed fruits, pineapples, or orange slices may also help.

**Backache:** Chiropractic manipulation holds the best track record. Another option is massage but it is important to make sure your massage therapist is adequately trained in prenatal massage.