



Women's Group of Franklin

Safe Medications

During pregnancy, women can be more susceptible to ailments like cold and flu and other conditions. Only certain medications are safe during pregnancy. The following are considered safe. Follow the labels for dosage and directions. Contact the office with questions.

Acne • Benzoyl Peroxide • Clindamycin • Topical Erythromycin • Salicylic Acid Avoid: • Accutane • Retin-A • Tetracycline • Minocycline	Antibiotics • Cephalosporins • Penicillin • Zithromax Avoid: • Ciprofloxacin • Tetracycline • Minocycline • Levaquin	Colds/Allergies • Diphenhydramine • Loratadine Cetirizine • Chlorpheniramine • Brompheniramine • Guaifenesin • Vicks Vapor Rub
Constipation • Miralax, Docusate Sodium • Dulcolax Suppository • Fibercon, Metamucil	Cough • Cough Drops • Guaifenesin	Crab Lice • RID Avoid: • Kwell
Gas • Simethicone	Headaches • Acetaminophen	Heartburn • Famotidine • Lansoprazole • Pepcid Complete • Rolaids • Tums
Hemorrhoids • Anusol/Anusol H.C. (RX: Analapram 2.5%) • Hydrocortisone OTC • Preparation H, Tucks • Vaseline lotion applied to tissue	Herpes • Acyclovir • Famvir • Valacyclovir	Leg Cramps • Diphenhydramine
Nasal Spray • Saline Nasal Spray	Nausea • Vitamin B6 25mg 3 times daily • Dimenhydrinate • Doxylamine • Vitamin B6 and Unisom at bedtime • Emetrol • Ginger Root 250mg 4 times daily	Pain • Acetaminophen • Oxycodone** • Hydrocodone** • Codeine** • Tramadol** **Narcotic medications should only be used when prescribed for a legitimate medical problem by a doctor for a short period of time.
Rash • Diphenhydramine • 1% Hydrocortisone Cream	Sleep Aids • Diphenhydramine • Doxylamine • Chamomile Tea • Tylenol PM	Throat • Cepacol • Cepastat • Salt Water Gargle w/ warm water • Throat Lozenges
Tooth Pain • Orajel	Yeast Infection • Clotrimazole • Miconazole (Monistat) • Terconazole	