

Limit medicine use as much as possible, especially during your first trimester (1-14 weeks). The following medicines are generally considered safe during pregnancy, but you should talk with your doctor before taking any over-the-counter or prescription medicine. It's okay to take generic medicines that are equal to brand name medicines.

## 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®  
Robitussin® (plain or DM)  
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®  
Prevacid®  
Prilosec®  
Rolaids®  
Tagamet®  
Tums®  
Zantac®

### Hemorrhoids

Anusol®  
Preparation H®  
Tucks®

### Infection Requiring Antibiotics

Amoxicillin  
Z-Pak®

### Insect Repellent

Skin So Soft  
Repellents with DEET

### 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 medicines that have ibuprofen or naproxen unless your doctor says it is okay.**

# Vaccinations during pregnancy

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

- The Tdap vaccine protects you from tetanus, diphtheria and pertussis (whooping cough). The vaccine protects adults, children and the babies of women who get the vaccine during pregnancy.
- Tetanus, diphtheria and pertussis are serious diseases that can be fatal.
- Infants 12 months and younger are more likely to have serious problems or die from pertussis.
- Infants need the protection from their mother's Tdap vaccination. Infants are not protected by their own vaccine until at least 6 months of age.

## Who should get the Tdap vaccine

- All pregnant women should get a Tdap vaccination during each pregnancy. Get the vaccine 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 who has never been vaccinated should get Tdap before going home from the hospital. You can get the Tdap vaccine if you are breastfeeding.
- All family members and anyone who will be close to your baby should get the Tdap vaccine.

## Who should not receive the Tdap vaccine

- People who have had a severe adverse or allergic reaction to Tdap or a severe allergic reaction to any of the vaccine components.
- Anyone who has or thinks they have a neurological condition should wait to take the Tdap vaccine. Get the vaccine after the condition has been checked by a doctor, treated and/or stabilized.

## Facts about flu vaccine during pregnancy

- All pregnant women should get the flu vaccine during pregnancy. Studies continue to show it is safe and effective.
- Flu spreads easily and can be dangerous for pregnant women. Your immune system changes during pregnancy. You are more likely to have serious illness and problems caused by the flu, like pneumonia and premature (early) labor.
- Flu vaccination during pregnancy helps protect infants from the flu until they can get their own vaccine at 6 months of age.
- Flu season is from October through May. You can get the flu vaccine anytime, but it is best if you get it early in the flu season.
- You should get the inactivated flu vaccine (flu shot). Pregnant women should not get the live attenuated vaccine (nasal mist).



**Atrium Health**