

# MEDICATION LIST



## Drugs to avoid

- Aspirin®, Motrin®/Ibuprofen®, Tetracycline, Accutane®
- Caffeine may cause problems with your pregnancy
- Alcohol, tobacco, and any illicit drugs harmful to your baby, avoidance helps decrease risks
- NOTE: If you are using any drugs or substances that may be harmful to your baby, ask about strategies to quit and approaches to lifestyle behavior changes



Take any medications approved by your healthcare provider

- Discuss any prescription medication with your provider.
- Over-the-counter drugs considered safe for common discomfort include:
  - Headaches: Tylenol®, Tylenol PM®, Datril®
  - Cold: Tylenol®, Saline nose spray or rinses, Robitussin® (no alcohol), Benadryl®
  - Allergies: Claritin®, Zyrtec®, Allegra®
  - Constipation: Metamucil®, Fiber-All®, Milk of Magnesia®, Miralax®
  - Indigestion: Tums®, Rolaids®, Maalox®, Mylanta®, Simethicone®
  - Heartburn: Zantac®, Pepcid®; Prilosec®
  - Hemorrhoids: Preparation H®, Anusol®
  - Nausea/Vomiting: Vitamin B6, Emetrol®, Unisom®, ginger, seasickness bands

## Over the Counter Medications