

OTC Drugs in Pregnancy and Lactation

Generic Drug	Examples	Fetal Risk	Summary in Pregnancy	Summary in Lactation
Congestion				
Pseudoephedrine	Sudafed	C ^{1,2,4}	Sympathomimetics are teratogenic in some animals but not suspected to be teratogenic in humans. ¹	COMPATABLE with breast feeding. Concentrated in breast milk. Peak concentrations in breast milk in 1-1.5hrs. ¹
Phenylephrine	Dimetapp, Dristan	C ^{1,2,4}		No reports in lactation. Effect in infants unknown. ¹
Oxymetazoline	Dristan Long Acting Nasal Mist	C ^{1,2,4}	No reports of congenital abnormalities. Not enough data to make conclusions. May constrict uterine vessels and ↓ uterine blood flow. ¹	No data available
Xylometazoline	Otrivin	C ²		No data available
Cough (avoid products with alcohol)				
Dextromethorphan	Benylin DM	C ^{1,2,4}	No studies in animal pregnancy. A 1984 review and other references state drug is safe in pregnancy. ¹	No data available
Codeine	Combo: Benylin Codeine, Robitussin with Codeine	C ^{1,2,4} D if used for long periods or in high doses at term ^{1,4}	1 study showed an association with respiratory malformations. Use close to term may cause neonatal codeine addiction. In labour, may cause neonatal respiratory depression. ¹	COMPATIBLE with breast feeding. Very small amounts excreted into milk. ¹
Guaifenesin	Robitussin	C ^{2,4}	1 study showed ↑ inguinal hernias when used in 1 st trimester. No strong link with congenital defects. ¹	No data available
Allergy				
1st generation				
Chlorpheniramine	Chlortripolon	B ^{1,2,4}	No evidence of “large categories of major or minor malformations”. “Several possible associations with individual malformations...significance of these is unknown.” ¹	No data available
Diphenhydramine	Benadryl			Excreted in breast milk. Levels in milk unknown. Manufacturer considers drug contraindicated because ↑ sensitivity of newborns to antihistamines. ¹
2nd generation				
Cetirizine	Reactine	B ^{2,4}	1 study in human pregnancy concluded that there does not seem to be an association with teratogenicity or major/minor abnormalities. ³	No data available
Fexofenadine	Allegra	C ^{2,4}		No data available
Loratadine	Claritin	B ^{1,2}	No reports in human pregnancy. No teratogenicity found in animals. ¹	Excreted in breast milk. Probably safe using 10mg loratadine per day. ¹
Desloratadine	Aerius	C ^{2,4}		No data available
Dyspepsia				
Antacids				
Magnesium-aluminum hydroxide antacids	Maalox, Mylanta	B ²		No data available
Alginates	Gaviscon	B ²		No data available
OTC H₂ receptor antagonists				
Famotidine	Pepcid AC	B ^{1,2,4}	No studies in human pregnancy. No evidence of teratogenicity or toxic effects ¹	Concentrated in breast milk, but less than cimetidine or ranitidine. No report if famotidine is compatible, but cimetidine, which is in the same class, is compatible. ¹
Ranitidine	Zantac 75	B ^{1,2,4}	No fetal adverse effects or teratogenicity shown in animals. ¹	In breast milk. Effect on infant not known. No report if drug is compatible; however, cimetidine is compatible. ¹
Constipation				
Psyllium	Metamucil, Prodiem	B ^{2,4}		No data available
Docusate Sodium	Colace	C ^{1,2,4}	No reports linking drug with congenital defects. ¹	Only report is of docusate combination used and the infant developed diarrhea. Relationship of two events unknown. ¹

Senna	Senokot, Exlax	C ^{1,2,4}	Not teratogenic in animals. No reports in human pregnancy. ¹	COMPATIBLE with breast feeding. Very small amount of active metabolite found. ¹
Bisacodyl	Dulcolax	B ² /C ⁴		No data available
Glycerin	Glycerin	C ^{1,2}		No data available
Milk of Magnesia		C ²		No data available
Phosphate	Fleet	C ²		No data available
Lactulose	Chronulac	B ^{1,2,4}	Only small amount absorbed. No harm in animals. No reports in humans. "Risk...appears to be negligible." ¹	No data available
Diarrhea				
Bismuth Subsalicylate	Pepto-Bismol	C ^{1,2} D in 3 rd trimester ⁴	Use "should be restricted to 1 st half of pregnancy". ¹	Recommend to USE CAUTIOUSLY because of potential for adverse effects. Recent review shows to avoid due to salicylate absorption. ¹
Loperamide	Imodium	B ^{1,2,4}	No reports of teratogenicity in animals. No data of defects in human pregnancy. ¹	COMPATIBLE with breast feeding. ¹
Nausea				
Dimenhydrinate	Gravol	B ^{1,4}	No evidence of major/minor malformations. In last 2 wks of pregnancy, antihistamines may be associated with fibroplasia. ¹	No data available
Meclizine	Bonamine	B ¹	Teratogenic in animals, but studies show it is not teratogenic in humans. In last 2 wks of pregnancy, antihistamines may be associated with fibroplasia. ¹	Low molecular weight drug, so expected to be found in breast milk. Unknown effect on infant. Some antihistamines may be contraindicated because of ↑ sensitivity of newborn to antihistamines. ¹
Scopolamine	Transderm	C ¹	In general, anticholinergics cross placenta and are possibly associated with minor malformations. At term, may ↑ fetal HR. ¹	COMPATIBLE with breast feeding. ^{1,4}
Pain				
Acetaminophen	Tylenol	B ^{1,2,4}	Safe for short term use in recommended doses. Routinely used in all stages of pregnancy. ¹	COMPATIBLE with breast feeding. Low concentrations in milk. ¹
ASA	Aspirin, Anacin, Entrophen	C ^{1,2,4} D if use full dose in 3 rd trimester ^{1,2,4}	Avoid especially in chronic or intermittent high doses. ↑ risk of hemorrhage. Near term may prolong gestation and labour. ¹	Recommend to USE CAUTIOUSLY. Adverse effects on platelet function not reported but are a potential risk. ¹
Ibuprofen	Motrin, Advil	B ^{1,2,4} D in 3 rd trimester or near delivery ^{1,2,4}	No reports linking drug with congenital defects. Persistent pulmonary hypertension may occur in 3 rd trimester or close to term. May inhibit labour and prolong pregnancy. ¹	COMPATIBLE with breast feeding. Amount in milk is not significant. ¹
Fungal Infection (<i>athletes foot, jock itch, ringworm, vaginal candidiasis</i>)				
Clotrimazole	Canesten (<i>crm, vag</i>)	B ^{1,2,4}	Topical use studied in pregnancy and showed no adverse effects. ¹	No data available
Miconazole	Micatin (<i>crm</i>), Monistate (<i>vag</i>)	C ^{1,2,4}	Small amount absorbed vaginally. Use in vaginal candidiasis not associated with increased congenital malformations. ¹	No data available
Tolnaftate	Tinactin	C ⁴		No data available
Dermatitis				
Benzoyl Peroxide	PanOxyl	C ⁴		No data available
Salicylic Acid	Clearasil	C ⁴		No data available
Head Lice				
Permethrin 1% crm rinse	Nix, Kwellada-P	B ^{2,4}		No data available
Pyrethrins & Piperonyl Butoxide	R & C Shampoo	C ²		No data available
Lindane 1% shp	generics	B ⁴ /C ²		No data available

References: ¹ Drugs in Pregnancy and Lactation. 5th ed. Briggs GE, Freeman RK, Yaffe SJ, editors. Williams and Wilkins; Baltimore, MD: 1998 ² The Rx Files.: www.rxfiles.ca (updated Sept 2004) Accessed Mar/05 ³ Mother Risk: www.motherisk.org Accessed Mar/05 ⁴ Pediatric Dosage Handbook. 10th ed. Kraus M, Hodding H, Taketomo C. Lexi-Comp: 2003