

Pregnancy Categories for Frequently Prescribed Allergy and Asthma Medications

Pregnancy Category	A Controlled studies show no risk	B No evidence of risk in humans	C Risk cannot be ruled out	D Positive evidence of risk	X Contraindicated in pregnancy
Antihistamines		Loratadine Levocetirizine Cetirizine	Fexofenadine Desloratadine		
IgE blocker		Omalizumab			
ICS*		Budesonide	All others		
ICS/LABA**			Fluticasone+salmeterol Budesonide+formoterol		
LTRA***		Zafirlukast Montelukast			
Mast Cell Stabilizer		Cromolyn Nedocromil			
Nasal steroids		Budesonide	All others		
Oral steroids		Methylprednisolone	Prednisone Hydrocortisone Dexamethasone		
SABA****		Terbutaline	Albuterol Perbuterol Levalbuterol		
Xanthine			Theophylline		

* ICS – Inhaled Corticosteroids

**ICS/LABA – Inhaled Corticosteroids and Long Acting Beta-agonists

***LTRA – Leukotriene Receptor Antagonist

****SABA – Short Acting Beta-agonist

Data collected from MicroMedex® and www.Safefetus.com (2008)