



# Medicine & Pregnancy

Pregnancy can be an exciting time. However, this time can also make you feel uneasy if you are not sure how your medicines will affect your baby. Not all medicines are safe to take when you are pregnant. Even headache or pain medicine may not be safe during certain times in your pregnancy.

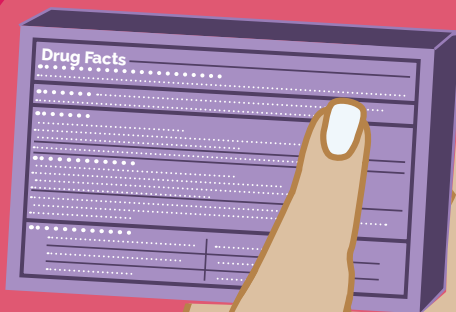
**Here are 4 tips to help you learn more about how prescription and over-the-counter medicines might affect you and your baby:**

## Ask Questions

**Always talk to your doctor, nurse, or pharmacist before you start taking any medicines, herbs, or vitamins.** Don't stop taking your medicines unless your healthcare provider says that it is OK.

### Use These Questions:

- ♦ Will I need to change my medicine if I want to get pregnant?
- ♦ How might this medicine affect my baby?
- ♦ What medicines and herbs should I avoid?
- ♦ Will I need to take more or less of my medicine?
- ♦ What kind of vitamins should I take?
- ♦ Can I keep taking this medicine when I start breastfeeding?



## Read the Label

**Check the drug label and other information you get with your medicine to learn about the possible risks for women who are pregnant or breastfeeding.** The labeling tells you what is known about how the medicine might affect pregnant women. Your healthcare provider can help you decide if you should take the medicine.

## Be Smart Online

**Ask your doctor, nurse, or pharmacist about the information you get online.**

Some websites say certain drugs are safe to take during pregnancy but you should check with your healthcare provider first. Every woman's body is different. It may not be safe for you.

- ◆ Do not trust that a product is safe just because it says "natural."
- ◆ Check with your healthcare provider before you use a product that you heard about in a chat room or group.



## Report Problems

**First, tell your healthcare provider about any problems you have with your medicine. Also, tell FDA about any serious problems you have after taking a medicine.**

- ◆ Call **1-800-FDA-1088** to get a reporting form sent to you by mail.
- ◆ Report Problems Online: [www.fda.gov/MedWatch/report](http://www.fda.gov/MedWatch/report)



## Sign Up for a Pregnancy Registry

Pregnancy Exposure Registries are research studies that get information from women who take prescription medicines or get a vaccine during pregnancy. Pregnancy registries help women and their doctors learn more about how medicines can be safely used during pregnancy.

- ◆ Help other pregnant women by sharing your experiences with medicines.
- ◆ You will not be asked to take any new medicines.
- ◆ You will provide information about your health and your baby's health.

FDA does not run pregnancy registries, but it keeps a list of registries.

**See if there is a registry for your medicine at: [www.fda.gov/pregnancyregistries](http://www.fda.gov/pregnancyregistries)**