Pregnancy and Medicines

No medicine is 100% safe to take while pregnant. Talk to your doctor before you take any medicines.

IF YOU ARE PLANNING TO BECOME PREGNANT:

Talk to your doctor about medicines, herbs, and teas you are taking. These include:

- Prescribed medicines.
- Over-the-counter medicines.
- Herbs.
- Herbal teas.

ONCE YOU BECOME PREGNANT, STOP TAKING:

- Over-the-counter medicines.
- Herbal medicines.
- Herbal teas.

HOME CARE

- Take vitamins only as directed by your doctor.
- Never take any medicines unless told to by your doctor.
- If you need medicine for your health, talk with your doctor. This could be for:
  - Blood pressure.
  - Diabetes.
  - Other health problems.
- If your mother was given DES (*diethylstilbestrol*) while pregnant, you should be screened all through your life. Talk with your doctor right away. Ask about:
  - Types of tests you may need.
  - Other care you may need.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well.

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