Medicines During Pregnancy

Medications should be avoided during the first 3 months of pregnancy unless they are essential to the health of the mother and baby. Some medicines have small risks when taken at certain times in pregnancy. Birth control pills in very early pregnancy do not cause fetal damage.

Certain drugs cause problems in babies if taken during pregnancy. These should be avoided completely. **Talk to your caregiver before taking any medicines (see below).**

- Female hormones.
- Male sex hormones.
- Some antibiotics.
- Seizure medicines.
- Tranquilizers, sleeping pills and antidepressants.
- Cortisone-like drugs.
- Migraine prevention drugs.
- Anti-inflammatories (Aspirin, Motrin and Advil).
- Any over-the-counter medications.
- Herbal medications.
- Water pills and some blood pressure medications.
- **Smoking can also interfere with normal development**. **This also causes a higher incidence of drug use in the adolescent years.**
- Lithium and cimetidine (Tagamet).
- Cancer treatments and drugs.
- Drugs used to treat an overactive thyroid.
- Medications to prevent rejection after a transplant.
- Medications used to treat autoimmune disorders.
- **Alcohol and illicit drugs such as cocaine, heroin and speed.**

Check with your caregiver if you want to know more about taking certain drugs while pregnant.

Folate (400 micrograms per day), calcium and iron supplements are needed in all pregnancies. Take all prenatal vitamins as directed. If iron is constipating or upsets the stomach, eat right before you take the vitamin. Ask your caregiver what type of stool softener they recommend.

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