

Safer Use of Medicines in Pregnancy – Planning Ahead



Many people take medication for short and long term conditions, including those related to pregnancy.

Some medicines and drugs may not be safe to use when pregnant, a suitable alternative medication can usually be found.

It is important you are supported to manage your health before, during and after pregnancy.

Don't stop taking prescribed medicines without first discussing it with your doctor.



Both parents may be taking medication or drugs which are not safe for the baby soon before conception or during pregnancy.

Side effects and risks of medications can change depending on the stage of pregnancy.

It is important to know where to find evidence based information, such as the medicines patient information leaflet, your pharmacist, doctor, maternity team and the BUMPS website.



Scan QR code



Your pharmacist, GP, midwife or consultant can share information and evidence based resources. You will be supported to find safe treatment and make informed decisions for you and your baby.



The NHS vitamins, supplements & nutrition in pregnancy



If thinking of becoming pregnant, you should take a daily supplement of **Vitamin D**. Start before, continue during pregnancy and while lactating, available to buy over the counter or in Healthy Start vitamins.

You should also take a daily supplement of **folic acid 400mcg**, starting 3 months before conception if possible, usually until you are 12 weeks pregnant, available over the counter to buy or in Healthy Start vitamins.

Some people need a higher dose of **folic acid 5mg**, before and during pregnancy, find out more by looking at the NHS website.

People at high risk will be offered low dose **aspirin** to reduce the risk of developing pre-eclampsia.

Ask your pharmacist about folic acid 5mg and low dose aspirin available by prescription or from the Somerset Minor Ailments service.



Healthy Start Vitamins



The NHS Breastfeeding & medicines webpage



You may wonder whether your medicine is compatible with lactation but there is almost always a suitable solution for compatible medication while breastfeeding/ chestfeeding, more information can be found at: [Breastfeeding and medicines - NHS \(www.nhs.uk\)](http://www.nhs.uk)



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