

Safer Medicines in Pregnancy & Beyond

Many people take medicines for short or long-term conditions, including during pregnancy. Do not stop prescribed medication without speaking to your healthcare professional. Support is available before, during and after pregnancy.



Some medicines are not safe in pregnancy. Alternatives are usually available. Do not stop prescribed medicines without speaking to your prescriber. Both parents' medicines can affect the baby before and during pregnancy. Medicine risks can change at different stages of pregnancy. Check with your pharmacist, GP, midwife, specialist, or the BUMPS / NHS website.



Daily over the counter vitamin D is recommended before and during pregnancy, and while breastfeeding, alongside daily folic acid (starting before pregnancy if possible, until 12 weeks). You may be offered a prescription for higher-dose folic acid, low-dose aspirin or other medicines if recommended for your health. Find out more on the NHS website or ask your healthcare professional.



Most medicines are compatible while breastfeeding or chestfeeding, with suitable alternatives available if needed. Your healthcare professional can use specialist, evidence-based resources. More information is available on the NHS website and the Breastfeeding Network Drugs in Breastmilk Service.



You can find information on vaccinations, caring for your baby if they are unwell, and on recommended vitamins on the NHS website, or by talking to your healthcare professional. You may qualify for free Healthy Start vitamins.

Scan the QR code to find recommended links



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Don't rule it out - Ask an expert to find out

