

## f. Medication

### MODULE 1

As soon as you find out that you are pregnant, tell your health care provider about the medications you are taking. These include the medications prescribed by a health care provider and all the products you can purchase in a drugstore such as aspirin, pain killers, cough and cold preparations and even vitamins.



For safety measures, take only medication prescribed by your health care provider and follow the directions carefully.




If you consult with more than one health care provider, be sure that they are all aware of your condition. They should be informed if you are taking medication.

All the medications that you take can affect your baby. Therefore, before taking any type of medication, ask your health care provider, pharmacist, or dentist the following questions.



Here is a list of the most common medicines. You may consult this table to find out more about the risks these medicines represent for your baby during pregnancy.

RISKS AND RECOMMENDATIONS ASSOCIATED WITH THE USAGE OF MEDICINE		
Name of medicine	Risks for the foetus	Recommendations
Antacids (ex: Tums, Rolaids, Maalox)		
	Probably without risk if used occasionally.	Consult your health care provider before taking these medications.
Antimistamines (medication for colds and allergies)		
	We don't have much knowledge about the risks associated with using these medications during pregnancy.	Consult your health care provider before taking these medications.
Laxatives		
	Products rich in fibre. (ex.: Metamucil) are not dangerous.	Consult your health care provider before taking these medications.
Medication against vomiting (ex: Gravol, Diclectin)		
	These medications do not present all the same risks for the foetus.	<b>USE ONLY</b> with your health care provider's permission.
Pain relief medicine		

 <p>Over the counter medication with acetylsalicylic acid (ASA) ex: Aspirin, Bufferin, Anacin or anti-inflammatory pills (ex: Advil, Motrin). Over the counter medication with acetaminophen (ex: Tylenol, Atasol). Over the counter medication with codeine (ex: 222, Tylenol with codeine)</p>	<p>Without risk if used occasionally.</p> <p>Probably without risk if used occasionally.</p>	<p>Use occasionally. Consult your health care provider before using regularly. Do not take more than recommended dosage. Do not use any medications with ASA or anti-inflammatory pills (ex: Advil, Motrin) during the last trimester. Consult your health care provider before taking codeine containing products or others narcotics.</p>
Sleeping pills		
	<p>The risk for the baby depends on the type of sleeping pills. If taken frequently, the baby could have respiratory problems at birth and show signs of withdrawal.</p>	<p><b>DO NOT USE</b> unless recommended by your health care provider. You may require help to stop using sleeping pills if you use them regularly.</p>
Tranquilizers (ex: Valium, Ativan)		
	<p>If tranquilizers are used regularly the baby could have respiratory problems at birth and show signs of withdrawal.</p>	<p><b>DO NOT USE</b> unless recommended by your health care provider. You may require help to stop using tranquilizers if you use them regularly.</p>