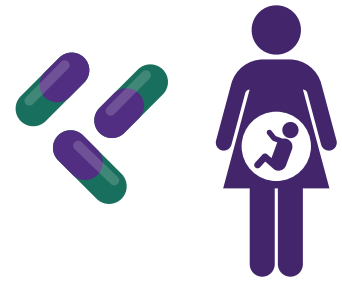


Medication Safety Tips

for Women who are Pregnant and Breastfeeding



Medications: Tips to help prevent mix-ups, extra doses, and misplaced pills

- Store your personal medications and prenatal vitamins in a separate place from your pet's and other family members' medications.
- Keep your medications in their original containers until the moment you are ready to take them.
- Avoid taking your medications in the dark.
- Set a reminder on your phone to take your medications. Keep a calendar nearby or use your phone to check off each dose right after you take it.
- If you can't remember whether you took a medication, check with your healthcare provider or a Poison Center for advice before possibly taking an extra dose.
- Check with your healthcare provider or a MotherToBaby specialist before taking any over the counter medications.
- Check with your healthcare provider before taking medications that were prescribed to you in the past. Do not take medications that are prescribed to other people.
- Do not take medications that are expired.
- Be sure to keep all medications out of the reach of children.



Supplements: Think carefully before using

- Check with your healthcare provider or a MotherToBaby specialist before taking any supplements.
- Do not assume that herbal products and other supplements are "safe." Most have not been studied for use in pregnancy or breastfeeding.
- Supplements are not regulated by the U.S. Food and Drug Administration (FDA) for safety or effectiveness before they are sold to the public. Supplements might contain contaminants, including heavy metals such as lead.



MotherToBaby®

For personalized information about medications, supplements, and other exposures in pregnancy and breastfeeding: mothertobaby.org



For questions about poisoning, stings, bites, overdoses, and the proper use of medications, call a Poison Center at 800-222-1222 (24 hours a day, 7 days a week)