

Medications and Pregnancy



If you are pregnant, you should talk with your doctor about your treatment plan, including the medications and supplements you will use. The excess of medicines can put your health and the health of your baby at risk. According to research, there are some medications that can cause birth defects, pregnancy loss, premature birth, miscarry, or developmental disabilities. If you are not pregnant but you are planning to become pregnant, consider the side effects of the medications you use and discuss with your doctor when you should start any vitamin supplementation.

One of the first questions that a pregnant may ask themselves is about the safety of certain types of medication. The answer to this question may vary for each case; each patient and each pregnancy is unique, for this reason the communication with your doctor is very important. For the well-being of your baby and you, consider the following recommendations:

1. Clarify your doubts

Before starting to use any medication, even if it is prescribed, over the counter, or natural, discuss it with your doctor. Do not stop using your medications unless your doctor tells you to do it. Stopping the use of any necessary medicine can be harmful to your health and the health of your baby.



2. If you use some medication, but you're planning to become pregnant. What should you do with the medication?

Before you get pregnant, talk with your doctor about your medications and your plans to become pregnant.



3. Will you need to increase or decrease the dose of the medication?

If you are pregnant, your heart and kidneys will work harder to break down medications. Because the medication pass through your body faster than usual, your doctor may change the dose you were using before you became pregnant or modify it if you are already pregnant.

4. Which medications you should avoid?

Some medicines could hurt your baby, depending on how far along you are in your pregnancy. In some of those stages, your doctor may prescribe another medicine. Certain medications such as aspirin and ibuprofen can cause problems if you use them during the last three months of pregnancy. Consult with your doctor.

5. Which vitamins should you use?

Ask your doctor about which are the special vitamins for pregnancy. It is not advised to take any vitamin during pregnancy without the supervision of the doctor, because these may contain higher doses than a pregnant should take. A pregnant needs more folic acid, iron, calcium, and vitamin D, than she needed before pregnancy.



6. Is it safe to use natural medicines during pregnancy?

Any medication should be discussed with your doctor. Some natural medicines are not safe during pregnancy, because they may contain ingredients that could be distress to the fetus.

7. Is it safe to use antibiotics during pregnancy?

Antibiotics are commonly prescribed during pregnancy. However, the doctor must choose the specific type of medication. Some can be used during pregnancy, but others cannot. The safety will depend on several factors, such as the type of antibiotic, the length of gestation, the frequency, dose, and the possible effects it may have on your pregnancy.

8. Can I use medication when I am no longer pregnant?

After pregnancy, you should still check with your doctor before using any medication. If you are breastfeeding, some drug residues can pass to the baby through breast milk. For that reason, always consult to your doctor.



Contact your Physician

You can contact your doctor for more information or advice about medications. If you think you have been exposed to an infectious disease, notify your doctor immediately so that treatment can be started if necessary.



Social and Emotional Aspect

For recommendations, tools, and resources on how you and your family can deal with emotional and physical concerns that arise during and after your medical treatment, please visit your primary care physician or contact the following phone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Healthcare

787-641-9133

References:

<https://www.cdc.gov/pregnancy/spanish/meds/treatingfortwo/index.html>
<https://espanol.womenshealth.gov/a-z-topics/pregnancy-and-medicines>
<https://www.mayoclinic.org/es-es/healthy-lifestyle/infant-and-toddler-health/in-depth/breastfeeding-and-medications/art-20043975#:~:text=%C2%BFTodos%20los%20medicamentos%20se%20transfieren,la%20mayor%20parte%20de%20los%20beb%C3%A9s.>

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