

## Medications

You may be taking prescribed medication. You may be taking vitamins or medicine you buy at a drug store, like pain relievers or antacids. You may also be taking herbal products.

Some of these products are safe to take when you are pregnant. Some are not. Ask your healthcare providers or pharmacist which ones are safe. You may need to take something different during your pregnancy.

You can contact MOTHERISK at 1-877-439-2744 or MedSask at <http://medsask.usask.ca/general.public/what-we-do/index.php>. These experts will help you make healthy choices.

### Are herbal products safe during pregnancy?

Some herbal products are taken in strong (concentrated) amounts. They are not used the same way you use herbs for cooking. Some of these may cause birth defects and early labour. More research is needed to know how dangerous certain products are. Discuss the use of herbal products with your healthcare providers before beginning or continuing use.

