

## Medications

You may be taking prescribed medication. You may be taking vitamins or medicine that 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 MedSask at <https://medsask.usask.ca/contact-us.php> to help you make healthy medication choices.

### Are herbal products safe during pregnancy?

Not all herbals and natural health products are safe in pregnancy. Just because the package says “natural” does not mean it is safe. Some natural health products may contain undeclared drugs or contaminants. In many cases, there is little reliable research in humans about the safety of natural health products during pregnancy. Herbals such as mugwort, blue cohosh, black cohosh, goldenseal, juniper berry, chaste berry, rue, and pennyroyal oil can stimulate the uterus and lead to a miscarriage. Use of herbal products during pregnancy and while nursing your baby should therefore be avoided, as there is not enough evidence available to determine their safety.

Form more information about use of non-prescription medications in pregnancy, download this resource: <https://skprevention.ca/resource-catalogue/pregnancy/common-non-prescription-medications-in-pregnancy/>

