

Pregnancy and medicine

Pregnant women should not self-medicate. However, if medication is necessary, ask and follow your doctor's advice. Carefully check with your doctor to make sure the medicines are safe for you and your baby.

The course of pregnancy is divided into three trimesters. Medicine may have different effects on the baby in these three trimesters. Some medicines are safe in the early stage but harmful to the baby in later stages, or vice versa. Seek advice from your doctor or pharmacist before taking any medicinal products during pregnancy.

Vitamins and natural supplements may not be suitable for pregnant women. A lot of products labeled as natural and healthy may have limited evidence on safety during pregnancy.

Take vitamins and medicinal products according to your doctors' instructions. Since most of the OTC (over-the-counter) supplements are self-medicated by patients without any instructions from doctor, pregnant women must be cautious while taking the OTC supplements. Normal doses of OTC drugs can be harmful to pregnant women.

<p>The above guidelines are for reference only. Please consult your doctor or pharmacist if you have any queries. HKBH Drug information hotline: 2339 8964</p>
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