

懷孕與藥物

孕婦應避免自行服用成藥。當病情需要時，可遵從指示服用醫生為您處方的藥物，適當用藥是不會對母嬰健康構成影響。

懷孕分為三個時期，藥物有機會在不同時期影響胎兒健康。有些藥物對於胎齡三個月或以下的胎兒無害，但在最後三個月卻會對胎兒構成影響，相反的情況亦有機會發生。所以孕婦不應胡亂服藥，請先尋求醫生或藥劑師的專業意見。

別以為多服補品或維他命等會有助健康，市面上很多標榜天然的產品並沒有在孕婦身上進行過臨床試驗，那些產品對孕婦的安全性成疑。

若醫生建議服用孕婦專用營養補充品（如綜合維他命），請依指示服用，勿自行購買或服用其他非醫生處方的補充劑，因為某些補充劑的成份含量可能會影響孕婦的健康。



此資訊只供參考之用。如有任何疑問，請向主診醫生或藥房職員查詢。香港浸信會醫院藥物查詢熱線：2339 8964

Pregnancy and Medication(s)

Pregnant women should not self-medicate without doctor's instruction. It is important to discuss with your doctor when medication(s) use is deemed necessary. The use of medication(s) can be safe for you and your baby if the suitable drug is prescribed and taken appropriately.

The course of pregnancy is divided into three trimesters. Medication(s) may have different effects on the baby in these three trimesters. Some medications are safe to the baby in the first 3 months of pregnancy but harmful to the baby in the last 3 months of pregnancy, or vice versa. Seek advice from your doctor or pharmacist before taking any medicinal products during pregnancy.

Not all vitamins and natural supplements are suitable for pregnant women. Products on the market claimed to be natural and could enhance health may not have clinical evidence on their safety during pregnancy.

Take vitamins, natural supplements and medicinal products according to your doctors' instructions. Pregnant women must be cautious and should not initiate OTC (over-the-counter) supplements without advice from healthcare professionals because even at normal doses, OTC products can still be harmful to pregnant women.



The above information are for reference only. Please consult your doctor or pharmacy staff if you have any queries. HKBH Drug information hotline: **2339 8964**