



dis**Ability**  
Maternity Care

# Taking medications in your pregnancy



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**Key Points**

There may be words in this information booklet that:



- are new to you
- you may not know what they mean or
- you may be unsure what they mean.

We will make them **blue** the first time we use them.

This means we will explain what they mean.



This information booklet might still have some difficult words in it.

You might need to ask someone to help you read this.



Some people take regular **medication** before they are pregnant.



Medication means medicines that help you when you are sick. They can stop you feeling sick or make you feel a bit better.



Taking some medication when you are pregnant might hurt your baby.



Medication can help you when you are unwell. This could be:

- **Over-the-counter Medication**
- or **Prescription Medication**

# Over-the-counter Medication



Over-the-counter medication is medication that you can buy from the pharmacy (or chemist), supermarket or health stores.



You can buy these without seeing a doctor or needing a script.



Taking some over-the-counter medication might hurt your baby.



You should talk to your doctor (GP) before you take any over-the-counter medication.

# Prescription Medication



Prescription medication is medication that a doctor thinks you should take. The doctor then writes you a script for you.



You will have to show the **pharmacist** your script and they will give you the medication.



A pharmacist is someone that gives you your prescription medication.

You get prescription medication from the pharmacist at the pharmacy or chemist.



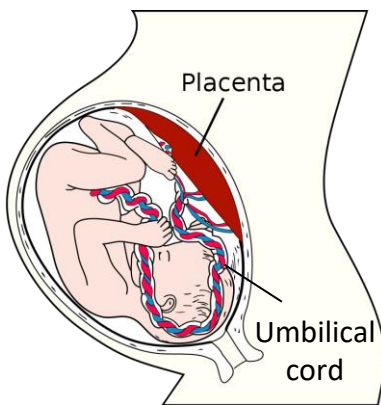
Taking prescription medication might hurt your baby.



# General information about medications in pregnancy



Medications can hurt your baby because any medication you take might be passed on to your baby through the **umbilical cord** and **placenta**.



The umbilical cord connects your baby to your placenta.

The placenta is connected to you and your baby. The placenta helps give your baby oxygen and nutrients as your baby grows inside of you.



It's important to talk to your doctor about:

- your regular medication
- and before you take any new medication



Your doctor might tell you to stop taking a medication that you take normally.

They might also give you less of your medication.



If you keep taking your medication your doctor should tell you about the:

- good things for you and your baby
- bad things for you and your baby



Ask your doctor to give you information about the good things and the bad things.

Ask your doctor to tell you these things in a way that works best for you.



Your doctor might tell you to not take a medication.



You can ask them why.

You can ask them what else you can do.

You can ask what are your medication choices.



You can ask your doctor if they have a plan for starting your medication again after your baby is born.



If you decide to breastfeed your baby your doctor might tell you to stop taking your medication until you stop breastfeeding.

This is because medication can hurt your baby through your milk.

# Key Points



Medication can help you when you are unwell. This could be:

- Over-the-counter Medication
- or Prescription Medication



Taking some medication when you are pregnant might hurt your baby.



It's important to talk to your doctor about:

- your regular medication
- and before you take any new medication



If your doctor tells you to not take a medication. You can ask them:

- Why
- What else you can do
- What are your medication choices

## Where can I go for more information?

You can call 1300 Medicine

You can call them on 1300 633 424

You will need to call them between 9am - 5pm, Monday to Friday

You can also go to their website [1300medicine.com.au](http://1300medicine.com.au)

You can call Healthdirect

You can call them on 1800 022 222

You can call them 24 hours a day, 7 days a week

You can also go to their website [healthdirect.gov.au](http://healthdirect.gov.au)



There may be other places to get help about medication. Talk to your midwife or doctor about it.



dis**Ability**  
Maternity Care



## Who made this booklet?

Northcott Innovation and disAbility Maternity Care made this information booklet.

It is part of the 'Your Pregnancy, Your Choices' series.

Parents with intellectual disability told us what they wanted to put in this information booklet. Their names were Liz, Venessa, Sarah and Tiffany.

We got a grant from Council for Intellectual Disability to make this information booklet.

The grant is part of a project about supported decision making called My Rights Matter.



You can visit their website [cid.org.au/issues/my-rights-matter](http://cid.org.au/issues/my-rights-matter)



**You can share this page with your doctor (GP), midwife or obstetrician.**

This can help the people who are supporting your pregnancy learn about you.

### Important things to know about me



- I can make my own decisions
- Talk to me about the different options
- Give me information the way I like
- Do not give me lots of information at once
- Give me time to think about my decision

I want you to give me information by (you can tick more than 1):

- Talking to me
- Writing it down
- Using pictures
- Using videos
- Using sign language