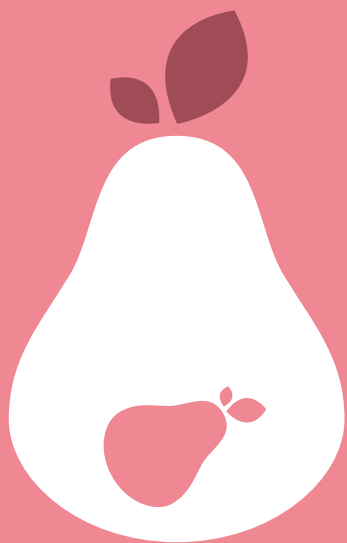


Mother + Child



Medicines for expecting mothers

Medicines for expecting mothers

If you are pregnant or suspect that you may be pregnant, you should be careful about taking any medicines, supplements or herbal products as some may cause harm to the unborn baby.

Ask your doctor or pharmacist about the safety of starting or continuing any medicines as soon as you find out that you are pregnant.

The following medicines for treating minor illnesses are considered safe for use in pregnancy:

Common conditions	Medicines to treat
Blocked nose	» Oxymetazoline Nasal Decongestant Spray*
Runny nose	» Chlorpheniramine^
Sore throat	» Serratiopeptidase* » Dequalinium Lozenges*
Cough with phlegm	» Guaiphenesin* » Diphenhydramine^
Cough without phlegm	» Dextromethorphan^

Common Conditions	Medicines to treat
Allergy symptoms	» Chlorpheniramine^
Nausea or vomiting	» Promethazine theoclate^
Indigestion	» Antacid preparation with aluminum or calcium* » Famotidine- » Ranitidine_
Constipation	» Ispaghula/Psyllium husk* » Lactulose* » Bisacodyl or Sennokot* (short term use only) » Glycerin suppositories*

* Medicines that can be bought over the counter.

^ Pharmacy-only medicines that can only be bought after consultation with a pharmacist.

Scan the QR code to find out more about

- Importance of safe use of medicines during pregnancy
- Medicines that can be used during pregnancy
- Alternative therapies for morning sickness symptoms
- Medicines that should be avoided in pregnancy
- Alternative therapies that should be avoided in pregnancy

