

Preparing for pregnancy Know your medicines

Some medicines that men and women take can affect fertility or an unborn baby.

If you or your partner are taking medicines which are prescribed or purchased, it is important to understand the effect that they may or may not have when planning a pregnancy or if you become pregnant.

Always speak to a healthcare professional before making any changes to your medicines. They have the knowledge and skills to advise you if the benefit of medicines you are taking outweigh any potential risks and will be able to support you to make an informed decision about your care.

What are the benefits and risks of continuing my medicines if I am planning a pregnancy?

Your healthcare professional can advise you about any changes to your treatment or monitoring plan that may be needed to ensure you and your baby's safety.

What should I do if I become pregnant while taking medicines?

DO NOT stop taking your medicines without speaking to a healthcare professional for advice first.

Do I need to use contraception whilst taking my medicines?

Your healthcare professional will ensure you are using an effective contraceptive to avoid an unplanned pregnancy giving you the chance to discuss with your doctor any medicine changes needed before planning a pregnancy.

Which vitamin supplements do I need to take when preparing for a pregnancy?

Folic acid is recommended from 12 weeks before pregnancy until week 12 and Vitamin D throughout your pregnancy. Speak to a healthcare professional for advice.

Scan the QR code to access BUMPS for guidance on the Best Use Of Medicines in Pregnancy. This includes Patient Information leaflets and advice about the effects of medicines on fertility in both men and women.

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