

Gentle Beginnings Midwifery

DRUG SAFETY IN PREGNANCY

It is important to read and be aware of the ingredience in all medications and food products while pregnant.

Pregnancy, whether planned or a pleasant surprise brings with it important concerns about prescription and over the counter drugs, Including: all food and beverage products.

Drug	Brand Name	Safety, Cause and Affect in pregnancy
ASA and NSAIDs Non steroidal anti-inflammatory drugs	Indomethacin, ibuprofen, (Advil) ketoprofen, diclofenac, Aspirin	Crosses placenta to baby at term – not to be used in the 3 rd trimester (after 28 weeks) or within 48hrs of birth. Prenatal exposure increase risks of pulmonary hypertension, high pressure in the lungs, decreased renal function in baby leading to oligohydraminos (low amniotic fluid) and increase risk of miscarriage. Although no risk when used in 1 st and 2 nd trimesters not recommended for use.
Accutane	Acne drug (isotretinoin)	About 40% of fetuses exposed to isotretinoin (Accutane) in the first trimester will have major malformations- Babies who are spared from major malformation may still be affected by cognitive (mental) deficits.
Alcohol containing medications	Diphenhydramine preparation (Benadryl elixir)	Most ethanol-containing medications are safe in pregnancy. Adult doses of some elixirs with high ethanol concentrations might produce blood levels similar to those achieved by drinking 1 alcoholic beverage.
Antidepressants	SSRI's (selective serotonin reuptake inhibitors) and SNRI's (selective norepinephrine reuptake inhibitor) example- Prozac, Paxil, Effexor, Celexa,	Antidepressant use during the third trimester has been associated with a transient neonatal withdrawal-like syndrome characterized by jitteriness, self-limiting respiratory difficulties, and problems with feeding in 10-30% of babies. Motherisk; recommends infants born to mothers taking antidepressants during late pregnancy be closely monitored 24 to 48 hours after birth.
Corticosteroids	Prednisone, cortisone	Found no significant increase in risk of major anomalies.

Marijuana	THC	<p>With chronic use, THC can accumulate in human breast milk to high concentrations. THC may affect brain development of a neonate.</p> <p>THC does cross the placenta and found in fat-soluble tissue.</p>	
Alcohol	Alcoholic beverages	<p>A safe amount of alcohol in pregnancy is not known. Avoid drinking when you know you are pregnant drinking during pregnancy will affect your unborn baby's development. There is evidence that alcohol consumption in pregnancy can cause fetal harm. Example of Fetal Alcohol Syndrome (FAS) mental deficits, babies growth or weight, distinct facial features-small eye opening, thin upper lip, smooth and flat divot between nose and upper lip.</p>	
Nicotine	Smoking cigarettes	<p>Reduced level of oxygen to fetus, lower birth weight, withdrawal and addictive symptoms in baby when exposed to nicotine throughout pregnancy.</p>	
Herbal Tea's	Medicinal ingredients	<p>Black Cohosh is a herb that has been linked with liver damage. Black Cohosh should not be taken while pregnant as it may induced labour. Chamomile tea has been reported to have harmful effects on the uterus and should not be used while you are pregnant.</p>	
Caffeine	Caffeinated drinks	<p>It's best to have no more than 300 milligrams of caffeine a day while you are pregnant.</p> <p>Caffeine may also cause your breastfed baby to be cranky and have trouble sleeping.</p>	

Herbal tea is safe in moderation during pregnancy, the following teas are completely safe:

Lemon balm,
Orange peel,
Citrus peel,
Ginger Linden flower,
Rose hip

A fantastic reference source in pregnancy is Motherisk. Available at www.motherisk.org/
The Motherisk helpline is also available at 1-877-439-2744.

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