

■ Evelyn & Rose Women's Health

Medication Safety in Pregnancy (Australia)

■ Why Medication Safety Matters

During pregnancy, medicines can affect both you and your baby. Some are safe and necessary, while others may need to be adjusted or avoided. Always talk to your **doctor, pharmacist, or obstetrician** before starting, stopping, or changing any medication.

■ Australian Pregnancy Medication Categories

The **Therapeutic Goods Administration (TGA)** classifies medicines based on known risks during pregnancy. These categories do not indicate safety by number — they reflect the type and quality of available data.

Category A: Used widely in pregnancy without evidence of harm (e.g. paracetamol, penicillin).

Category B1–B3: Limited human data; no evidence of increased malformations, but animal data may vary.

Category C: May cause harmful effects on the fetus or newborn without causing malformations (e.g. some asthma or blood pressure medications).

Category D: Increased risk of fetal malformations or irreversible damage (e.g. ACE inhibitors, valproate).

Category X: High risk of serious harm — should not be used in pregnancy (e.g. isotretinoin, thalidomide).

For full details, visit:

TGA Medicine and Pregnancy Database

■ Common Safe Medications

Generally considered safe under medical advice:

- **Paracetamol** for pain and fever
- **Certain antibiotics** (penicillin, cephalexin, erythromycin)
- **Antacids and reflux medications** (omeprazole)
- **Nasal saline sprays** for congestion
- **Low-dose aspirin** if prescribed for preeclampsia prevention

■ Medications to Avoid or Use with Caution

- **NSAIDs** (ibuprofen, naproxen) — avoid especially after 30 weeks
- Certain **anti-nausea drugs** — seek medical advice
- **Herbal and natural supplements** — limited safety data
- **Retinoids, ACE inhibitors, warfarin, certain anticonvulsants** — known teratogenic risk

■ Managing Chronic Conditions

If you take medication for **asthma, epilepsy, diabetes, or depression**, do not stop suddenly. Work with your care team to find the safest and most effective treatment plan for you and your baby.

■ Breastfeeding Considerations

After birth, some medicines can pass into breast milk. Your doctor or pharmacist can check compatibility using the **TGA** or **LactMed** databases.

■ Key Takeaway

Safe medication use in pregnancy is about **balance and guidance**, not avoidance. Never feel you have to make these decisions alone — your healthcare team is here to help.

■ Evelyn & Rose Women's Health

■■■■■ Compassionate, evidence-based care throughout your pregnancy journey.

#PregnancySafety #MedicationInPregnancy #EvelynAndRose #WomensHealth #PregnancyCare