



Providing Better Information to Women and Healthcare Providers

What is the Problem?

In the United States, 9 in 10 women take medicine during pregnancy, **but not all medicines are safe to take during pregnancy.** Some medicines may cause birth defects, pregnancy loss, prematurity, infant death, or developmental disabilities.

Almost every pregnant woman will face a decision about taking medicine before and during pregnancy. Women and their doctors should discuss the best treatment options together.

“Should I keep taking my allergy medicine while pregnant?”



“What should I take to manage my pain while pregnant?”

“How should I change my pregnant patient's treatment plan?”



What is CDC Doing to Help?

Treating for Two is CDC's prescription for this problem. CDC is committed to working with its partners and the public to understand and communicate the safety of medicines used to treat common conditions before, during, and after pregnancy. Our mission is to provide evidence-based guidance on safer medication use during pregnancy and provide products to support shared decision making among women and healthcare professionals.

Our Resources

Visit our website to:



Learn the Basics

Learn why medicine matters in pregnancy and access guidance on how to manage health conditions in pregnancy.



Find the Latest Research

Find key research findings by health condition and learn how CDC studies medicine use in pregnancy.



Download Multimedia and Tools

Listen to our podcasts, watch our videos, share our infographics, and download posters and fact sheets.

For more information, visit: www.cdc.gov/treatingfortwo

