

# Pregnant or thinking of getting pregnant?



Talk to all your healthcare providers before starting or stopping any medicine.

## 3 Things to Discuss

1. **All medicines you take**, including over-the-counter medicines, herbal and dietary supplements, and vitamins
2. Best ways to keep your **health condition** under control
3. Your **personal goals** for managing your health condition during pregnancy

### Did you know?

**9 in 10** women in the United States take a medicine during pregnancy. But not all medicines are safe to take during pregnancy.

For more information about safer medication use during pregnancy, visit: [www.cdc.gov/medsandpregnancy](http://www.cdc.gov/medsandpregnancy)

