MEDICINES YOU SHOULD AVOID DURING PREGNANCY

Pregnancy is a very beautiful time in every women’s life, getting blessed with a baby is something that almost every women dream for but, it needs a lot of care to protect your baby inside you during your pregnancy as when you are pregnant you share blood supply with your baby which means that the baby is affected by the foods you eat, the beverages you drink, and the baby is also affected by the medicines you take. So, it is very important to take right medicines during pregnancy only which your doctor has recommended you, do not take any medicine without prescription because it may harmfully affect your baby so, you must avoid some medicines for sure during your pregnancy.

**Antihistamines**

During pregnancy you should avoid antihistamines; it can trigger side effects like dry mouth, dizziness, and drowsiness during pregnancy.

### Nasal Decongestants

### It is used to overcome symptoms of stuffy and itchy nose, but during pregnancy it may lead to side effects as vomiting, headache and insomnia.

### Antifungal Medication

### When you suffer from yeast infection, during your pregnancy then, consult a gynecologist for guidance, instead of taking an anti-fungal medication. Anti-fungal medications can affect the development rate of unborn fetus.

### Painkillers

### If you have a mild headache or pain, it is best to avoids painkillers and get other treatments like massage and yoga. Doctors always recommend not taking pain killers at least in the first trimester of pregnancy.

### Acne Medications

During pregnancy due to hormonal imbalance in the body many women face skin acne problems and to look good and feel better they take acne medicines. Avoid consumption of acne medicines as they are not safe during pregnancy, acne medicines can cause birth defects which include facial abnormalities, heart defects, and brain malformations.

### Aspirin

### We intake aspirin for migraine headaches but, intake of aspirin increase the risk of miscarriage and placental abruption.

### Antibiotics

### During pregnancy at the time of fever you may have to take antibiotics course prescribed by the doctor but, you must avoid some of the antibiotics like Tetracycline and Streptomycin as it can affect your healthy pregnancy.

### Tranquilizers

Avoid Tranquilizers, such as Librium and Valium during pregnancy; it increases your baby’s risk of suffering from withdrawal symptoms.

### Anticonvulsants

 Anticonvulsants during pregnancy increase risks of preterm delivery, and miscarriages so you must avoid intake of anticonvulsants.

### So, to have a healthy baby do take care of yourself and always consult a doctor before taking any medication because one medicine can have a serious affect on your pregnancy.