



TERATOGEN RESOURCE SERIES

TER-03

Medicines in Pregnancy Record

A personal record to help you document medicines and treatments taken before and during pregnancy, including timing, dose and changes.

darksideofmedicine.org

Version 1.1



Medicines in Pregnancy Record

Purpose: A personal record to help you document medicines and treatments taken before and during pregnancy, including when they were taken and any changes that occurred.

IMPORTANT

This resource is for recording and organising information. It does not provide advice about whether a medicine is safe to use during pregnancy.

Do not stop, start or change a prescribed medicine without discussing this with an appropriate healthcare professional.

For current information about medicines in pregnancy, use trusted sources such as BUMPS (Best Use of Medicines in Pregnancy) and discuss questions or concerns with your healthcare professional.

About Me

Name: _____ Expected due date: _____ Date record started: _____

Medicines Before Pregnancy

Record medicines you were taking when planning the pregnancy or around the time you became pregnant. Include prescribed medicines, medicines bought without a prescription, vitamins, supplements and other treatments where relevant.

Medicine / treatment	Why I take it	Dose	How often	When started	Notes

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Medicines During Pregnancy

Where possible, record when during pregnancy each medicine was taken.

Medicine / treatment	Reason	Dose	How often	Gestational week(s) / dates taken	Notes

Changes During Pregnancy

Record changes such as a medicine being started, stopped, increased, reduced or changed to another treatment.

Date / gestational week	Medicine	What changed	Reason, if known	Healthcare professional / source

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Other Medicines, Supplements or Treatments

You may wish to record medicines bought from a pharmacy or shop, occasional medicines, vitamins and nutritional supplements, herbal or complementary products, creams or other treatments where relevant.

Information I Have Been Given

Record information or advice you have received about your medicines and where it came from.

Date	Medicine	Information / advice	Source

Questions for My Healthcare Team

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