

Prenatal Care Medication Guidelines

Date: _____

Patient Name: _____

Patient Address: _____

City, State, Zip: _____

Dear [Patient's Name],

As part of your prenatal care, we want to ensure that you have all the necessary guidelines regarding your medication. Please review the following recommendations carefully:

1. Prenatal Vitamins

- Take one prenatal vitamin daily.
- Make sure it contains at least 400 mcg of folic acid.

2. Prescription Medications

- Discuss any prescription medications with your healthcare provider.
- Avoid any medications not recommended or prescribed by your doctor.

3. Over-the-Counter Medications

- Consult your healthcare provider before taking any OTC medications.
- Avoid medications with ibuprofen or aspirin unless advised otherwise.

4. Herbal Supplements

- Many herbal supplements are not safe during pregnancy.
- Always seek advice from your healthcare provider before taking any herbal treatments.

If you have any questions or concerns regarding your medications, please feel free to contact our office.

Sincerely,

[Your Name]

[Your Title]

[Healthcare Facility Name]

[Contact Information]