

# Low-risk pregnant: How to help the doctor prescribe?

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## Why was it done?

Low-risk pregnant women are also prone to suffer from minor pathological conditions, such as:

- ✓ migraines;
- ✓ low back pain;
- ✓ gastrointestinal disorders.

In response to those minor conditions, collaboration was requested from the pharmaceutical department to prepare a therapeutic guide to be available to all doctors in the hospital, in particular general and family physicians.

## What was done?

We developed a pocket guide with OTC medicines classification in pregnant women for the following symptoms, according to Food and Drug Association (FDA) classification:

- ✓ pain control / fever;
- ✓ colds;
- ✓ gastrointestinal changes;
- ✓ skin changes.

## How was it done?

1. Definition which pathologies / symptoms we would focus on;
2. Selection of some drugs that are prescribed to non-pregnant women for chosen pathologies/symptoms;
3. Analysis those drugs in view of their safe use in low-risk pregnant women using tools such as the summary of drug characteristics, the FDA website, the UpToDate online platform;
4. Distribution of the pocket guide to general and family physicians.

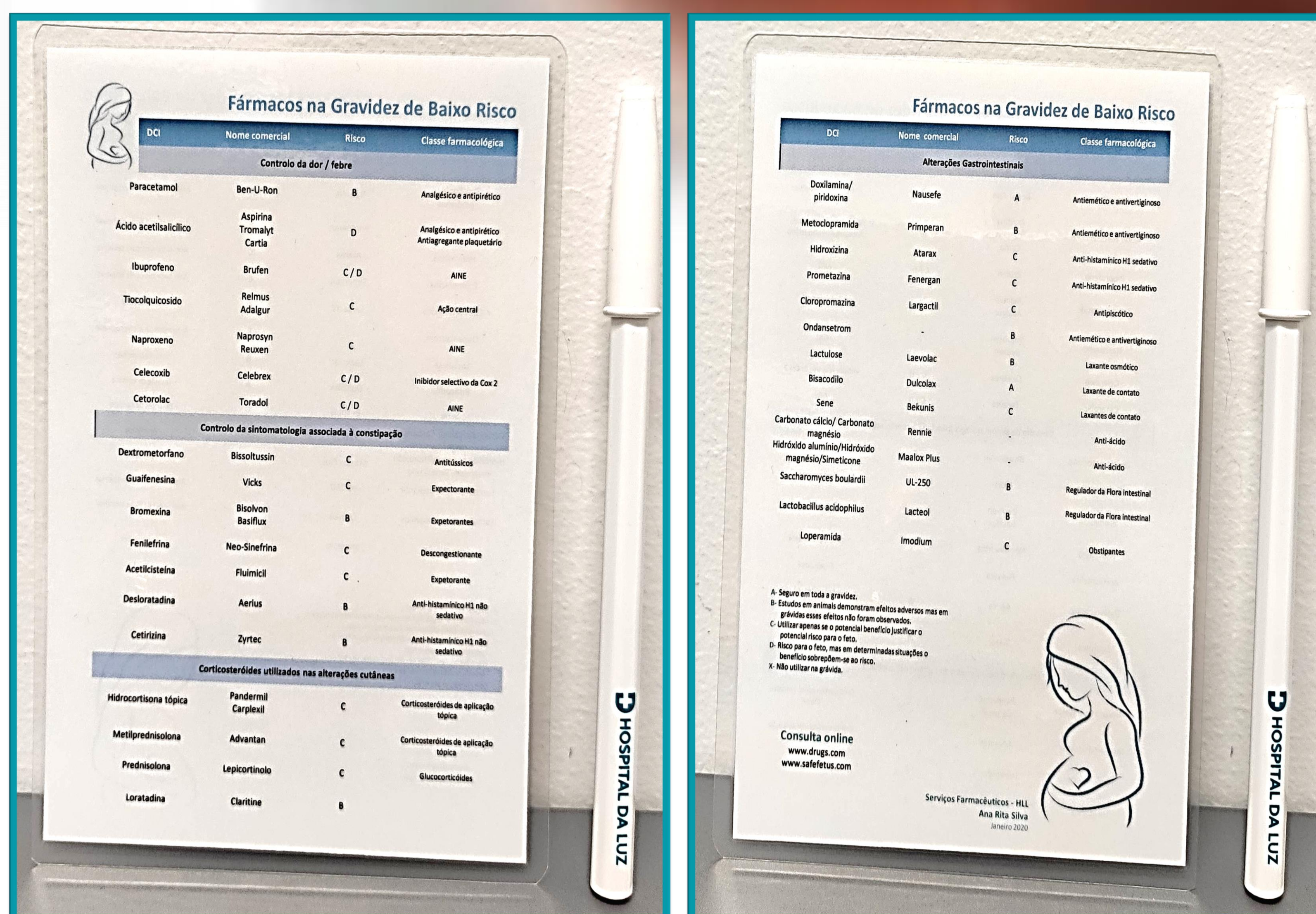
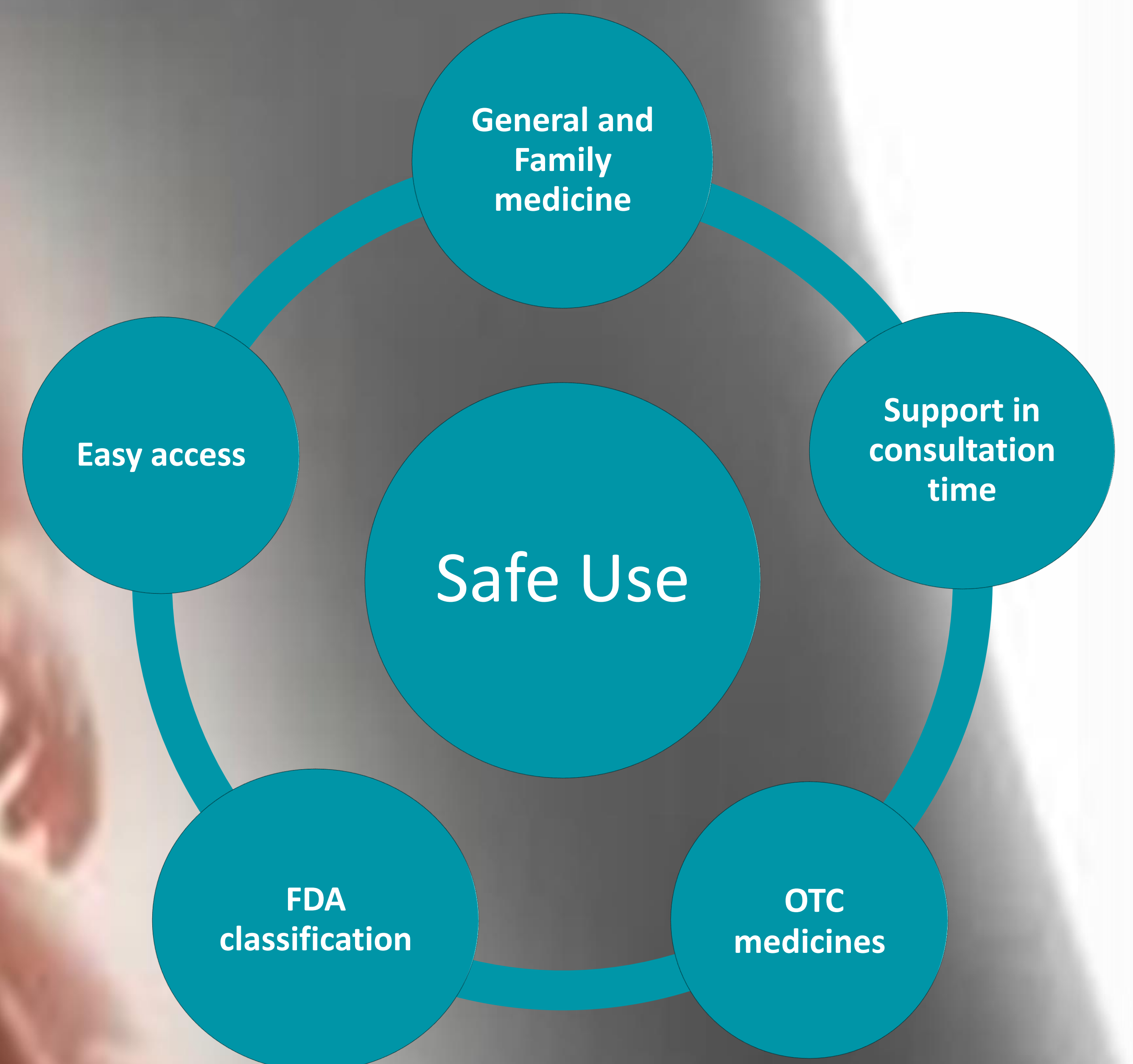


Fig.1 e 2 – Photo of Pocket Guide done

## What has been achieved?

The drug classification was compiled in a table organized by:

- ✓ International Nonproprietary Names;
- ✓ Pathology/symptoms;
- ✓ FDA classification;
- ✓ Pharmacotherapeutic class.

The acceptance by clinicians was very positive, reinforcing that it is important to pay special attention when:

- ✓ prescribing in the 1st and 3rd trimester of pregnancy;
- ✓ use the lowest effective dose and for the shortest possible period;
- ✓ avoid using “new” drugs unless there are safety studies .

## What is next?

The next step to support clinicians will be to develop other tools to help prescribe other classes of drugs as well as another population group, such as safe drugs in breastfeeding.

