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Acetaminophen and pregnancy: what you need to know for your safety

If you are pregnant or think you might be, it is normal to want to protect your health and that of your baby. Many women wonder which medications are safe to take during pregnancy. In Canada, acetaminophen is considered the first choice for relieving pain or fever when used correctly. It is recommended because current data show that it is safe at the recommended dose.

It is important not to exceed 4,000 mg per day. Always check labels, as many cold and pain relief products already contain acetaminophen. If you have liver problems or are taking other medications, seek advice before regular use.



For more information, visit:

- [Society of Obstetricians and Gynecologists of Canada - Statement of Acetaminophen Use in Pregnancy](#)
- [Health Canada - Acetaminophen](#)