



FDA Office of Women's Health

# Pregnancy Social Media Toolkit

[www.fda.gov/pregnancy](http://www.fda.gov/pregnancy)

# Pregnancy Social Media Toolkit

Pregnancy is an exciting time. But it can bring up a lot of questions and concerns about the effects of medicines and other products during pregnancy. To help women and their healthcare providers get informed about product use during pregnancy, the U.S. Food and Drug Administration (FDA) Office of Women's Health offers resources on its pregnancy website, [www.fda.gov/pregnancy](http://www.fda.gov/pregnancy).

Help share FDA's pregnancy resources with the women in your community. Use the sample social media posts in this toolkit to help women and their healthcare providers have a conversation about pregnancy safety.

## Consumer Tweets

1. Do you know how your medicines may affect you & your baby during #pregnancy? Learn how to find out: <http://go.usa.gov/x9TYR> [127 CHARACTERS]
2. Did you know some medicines can pass to your breast milk? Talk with your healthcare provider today: <http://go.usa.gov/x9TYR> [127 CHARACTERS]
3. Read the label: Drug labels have helpful info about possible risks to #pregnant & #breastfeeding women: <http://go.usa.gov/x9TYR> [131 CHARACTERS]
4. #Pregnant? Here are 4 tips about how medicines may affect you & your baby: <http://go.usa.gov/x9TYR> [102 CHARACTERS]
5. Every woman is different. While #pregnant, ask your healthcare provider about which medicines are right for YOU: <http://go.usa.gov/x9TYR> [140 CHARACTERS]
6. Join a #pregnancy exposure registry to help other pregnant women like you: <http://go.usa.gov/x9T4j> [102 CHARACTERS]
7. #DYK "natural" does not mean an herb or medicine is safe for you during #pregnancy? Learn more: <http://go.usa.gov/x9TYR> [123 CHARACTERS]
8. Planning to get #pregnant? Get 4 tips on medicines and pregnancy: <http://go.usa.gov/x9TYR> #Prevent2Protect [110 CHARACTERS]
9. If you're thinking about having a baby, get informed about medicine use during #pregnancy: <http://go.usa.gov/x9TYR> [117 CHARACTERS]
10. Not all medicines are safe during #pregnancy -- even headache medicine can cause problems at certain times: <http://go.usa.gov/x9TYR> [135 CHARACTERS]
11. During #pregnancy, check with your provider before taking medicines found online, even if it says "natural": <http://go.usa.gov/x9TYR> [137 CHARACTERS]

12. Help other #pregnant women by sharing your experiences with medicines. Enroll in a pregnancy registry today: <http://go.usa.gov/x9T4j> [137 CHARACTERS]
13. Did you know that #pregnancy registries help doctors learn about how medicines affect all women? Learn more: <http://go.usa.gov/x9T4j> [137 CHARACTERS]
14. Help improve medicine safety info for #pregnant women like you. Enroll in a pregnancy registry: <http://go.usa.gov/x9T4j> [124 CHARACTERS]
15. Did you know #pregnancy makes it harder for your body to fight off food-caused illness? Check out these safety tips: <http://1.usa.gov/28WCAH5> [140 CHARACTERS]
16. Get tips on breast pumps: <http://1.usa.gov/28Q6D52> #Breastfeeding [70 CHARACTERS]
17. Questions about how to safely store breast milk? Learn more: <http://1.usa.gov/28Q6D52> #Breastfeeding [112 CHARACTERS]
18. Are you a new mom? Find helpful tips about medicines and products for your baby: <http://go.usa.gov/x9Tjh> #motherhood [121 CHARACTERS]
19. Pregnant and living in an area with #Zika? Here are ways you can protect your pregnancy <https://www.cdc.gov/zika/prevention/index.html> [138 CHARACTERS]
20. #DYK you need to change vitamins during your #pregnancy? Your healthcare provider can help you: <http://go.usa.gov/x9TYR> [124 CHARACTERS]

## Professional Tweets

1. Use these 4 tips to start a conversation with your patients about medicine and #pregnancy: <http://go.usa.gov/x9TYR> [118 CHARACTERS]
2. Encourage your patients to sign up for a #pregnancy registry: [fda.gov/pregnancyregistries](http://fda.gov/pregnancyregistries) [85 CHARACTERS]
3. Looking for #pregnancy resources to share with your patients? Check out FDA's pregnancy website: <http://go.usa.gov/x9Tjh> [124 CHARACTERS]
4. Need #pregnancy and new mom resources your patients can trust? Visit the FDA pregnancy website: <http://go.usa.gov/x9Tjh> [119 CHARACTERS]
5. Get the facts about the new prescription drug labeling info for #pregnant and #breastfeeding women. <http://go.usa.gov/x9TNQ> [127 CHARACTERS]

## Consumer Facebook Posts

1. Expecting? Pregnancy can be an exciting time, but it can also make you feel uneasy if you're not sure which medicines you should take. Check out these 4 tips to help learn more about how prescription and over-the-counter medicines might affect you and your baby. <http://go.usa.gov/x9TYR>
2. Not all medicines are safe during pregnancy – even headache or pain medicine can cause problems at certain times in your pregnancy. Get informed about medicine safety during pregnancy: <http://go.usa.gov/x9TYR>
3. “Natural” medicines may sound safe, but online reviews can't always be trusted. Every woman's body is different. Check with your healthcare provider before using a product to see if it is safe for you. <http://go.usa.gov/x9TYR>
4. Are you planning to get pregnant? Then get informed about medicine safety during pregnancy! <http://go.usa.gov/x9TYR>

## Professional Facebook Posts

1. Pregnancy can raise a lot of questions for women. Help them navigate this exciting time with trusted resources from FDA's Office of Women's Health. Info on medicine, food safety, tips for new moms, and more: [www.fda.gov/pregnancy](http://www.fda.gov/pregnancy)
2. Pregnancy registries can help you and your patients learn about which medicines are safe to take during pregnancy. Encourage your patients to sign up: <http://go.usa.gov/x9T4j>

## Consumer Blog

Pregnancy is an exciting time. But it can bring up a lot of questions and concerns about what foods you can eat or how medicines will affect your baby.

Not all foods and medicines are safe when you are pregnant. Even common headache or pain medicine may not be safe during certain times in your pregnancy.

FDA's Office of Women's Health offers [four simple tips](#) to help you talk with your healthcare provider about your prescription and over-the-counter medicines. The [FDA pregnancy website](#) also includes information on topics like food safety and tips for new moms.

By talking with your doctor, nurse, or pharmacist, you can find out how to be safe and make smart choices during pregnancy.

When you talk to your healthcare provider, ask about Pregnancy Exposure Registries. These registries can help you learn more about how medicines can be safely used during pregnancy. Check if there is a [registry](#) for your medicine.



## Professional Blog

Pregnancy is an exciting time for your patients, but it can raise a lot of questions and concerns about what foods they can eat or how medicines will affect them and their babies.

You play an important role in helping your patients make informed health choices during pregnancy. It's important to let them know that not all foods and medicines are safe when they are pregnant.

FDA's Office of Women's Health offers free patient education resources that you can use to start the conversation. The Medicine and Pregnancy fact sheet provides [four simple tips](#) about using prescription and over-the-counter medicines. From asking questions to vetting online information, the tips encourage your patients to get informed.

The FDA Pregnancy Exposure Registry website is another resource you can use in your discussions about pregnancy safety. Encourage your patients to learn more about pregnancy registries. These observational studies can help improve safety information for medicines used during pregnancy. Check if there is a [registry](#) for your patients' medicine.

The [FDA pregnancy website](#) also includes information on topics like food safety, breast pumps, and tips for new moms.

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