

PHYTO.VIG.GEST: 'Vigilance on use of drugs, herbal products and food supplements during pregnancy'. *Preliminar results*

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Studies on drugs prescription and/or dietary supplements consumption during pregnancy are few and data, as products in different countries, are generally characterized by high variability. Moreover, in recent years the consumption of health products in pregnancy, especially vitamins and minerals has increased exponentially even under strong pressure from the media (newspapers, internet, etc.).

In order to verify if drugs and/or dietary supplements consumption is associated with abnormalities of the pregnancy, we conducted a multi-center and multi-region survey involving 17 centers of gynecology and obstetrics of the Regions: Sicily (9 centers), Emilia-Romagna (5 centers) and Tuscany (3 centers). Data were collected from medical records and by means of a specific questionnaire administered to the mothers one to two days after delivery. This report refers to the preliminary data concerning 3616 pregnancies, collected in the period from 01.05.2013 to 10.31.2014.

The study indicates that Italian women use to intake drugs (33%) or food supplements (13%) or both (39.85%) during pregnancy. Synthetic drugs intake generally concerns prescription of progestinics, paracetamol and antibiotics. Food supplements consumed during pregnancy are for the most part multivitaminics or iron and folate supplements. Their use is frequent despite the benefit/risk profile in pregnancy had to be better defined. Results show that intake of herbal products in pregnancy is limited. A very small percentage of women consumes ginger, horse chestnut, arnica.

A preliminary analysis of data shows that the use of drugs during pregnancy alone or associated with dietary supplements is associated to problems such as more frequency of need of labor induction, increased use of general anesthesia during childbirth, more frequent need for urgent caesarean section.