

## TAKE PRENATAL VITAMINS AND MINERALS

**Be careful!**

*Keep your prenatal vitamin and mineral pills out of reach of children. If children eat them, they can get very sick or even die.*

*If your child does swallow any:*

*Call the Poison Control right away 1-800-876-4766.*

**Here's how:**

- Take only one tablet a day. If you take more, it can be harmful.
- Take it at a different time than your iron or calcium pills.
- Take your prenatal pill with water or juice. Do not take with milk, cheese, or yogurt.
- Take it at bedtime or between meals.

**You may:**

- Get constipated.
- Have diarrhea.

Talk to your health care provider about what to do.

