



REPUBLIC OF KENYA

MINISTRY OF HEALTH
PHARMACY AND POISONS BOARD

PRESS STATEMENT

**PARACETAMOL USE DURING PREGNANCY REMAINS SAFE WHEN TAKEN AS
RECOMMENDED**

The Pharmacy and Poisons Board (PPB) is Kenya's National Medicines Regulatory Authority, established under the Pharmacy and Poisons Act, CAP 244. The Board is mandated to safeguard the safety, quality and efficacy of health products and technologies, and to provide the public with accurate information to support the safe and rational use of medicines.

The Board wishes to address concerns regarding the use of paracetamol (acetaminophen) during pregnancy. It reassures the public that paracetamol remains a recommended medicine for the relief of pain and fever in pregnant women, provided it is taken as directed by a qualified healthcare professional.

Paracetamol is one of the most widely used medicines in Kenya and globally. While some studies have suggested possible links between its use during pregnancy and conditions such as autism spectrum disorder (ASD) or attention deficit hyperactivity disorder (ADHD) in children, there is no conclusive scientific evidence confirming these associations.

The PPB's Pharmacovigilance Division has not received any reports linking paracetamol use in pregnancy to ASD or ADHD. The Division continues to monitor the safety of medicines used during pregnancy to protect the health of mothers and children.

Public Guidelines on the Use of Paracetamol in Pregnancy

1. Use only when necessary – Paracetamol should be taken only when needed, at the correct dose and duration, and strictly under the prescription of a qualified healthcare provider.
2. Avoid self-medication – Pregnant women should not take any medicine, including paracetamol, without the guidance of a qualified health professional.
3. Seek professional counselling – Healthcare providers are encouraged to counsel pregnant women on the safe and appropriate use of paracetamol and other medicines during pregnancy.

The Board reaffirms its commitment to safeguarding public health through continuous monitoring of the safety of medicines, including those used during pregnancy, and will provide timely updates as necessary.

Healthcare professionals and members of the public are encouraged to report any suspected side effects from medicines, including paracetamol, through the following channels:

- Pharmacovigilance electronic reporting system:
<https://pv.pharmacyboardkenya.org/>
- MPvERS mobile app (available on App Store and Google Play Store)
- Telephone: 0795 743 049
- Email: pv@ppb.go.ke
- For self-reporting by the public: Dial *271#

For further information, please contact the Pharmacy and Poisons Board at 0795 743 049 or via email at pv@ppb.go.ke.



Dr. Ahmed I. Mohamed

Ag. CHIEF EXECUTIVE OFFICER

2ND OCTOBER 2025