

ANTIDEPRESSANT CONTINUATION IN PREGNANCY

Risks and Benefits



CONTINUING ANTIDEPRESSANT IN PREGNANCY

Possible association with 1-2 days of fussiness and adjustment period to breastfeeding in newborn

Possible association pulmonary hypertension (breathing problems) in newborn, but if exists, 0.3% compared to 0.2% in unexposed

Other increased risks are explained by the risks associated with having depression or anxiety



STOPPING ANTIDEPRESSANT IN PREGNANCY

Increased risk of postpartum depression (4 fold higher!)

Preterm birth

Low birth weight or growth problems in the baby

Higher chance the baby will need care in the neonatal intensive care unit (NICU)

Increased risk of baby developing depression and anxiety later in life

Increased risk of suicide or self harm in Mother postpartum (suicide #1 cause of death postpartum)

Increased risk of c-section

Untold suffering by Mother, affecting, baby and the rest of the family unit.

In short, we have considerable medical research supporting the reproductive safety of SSRIs and other antidepressants, and a lot of evidence for harm from untreated depression and anxiety

Don't hesitate to seek help

For more information, visit: psychiatryforwomen.org or Massachusetts General Hospital's Women's Mental Health Department

*Reliable and evidence-based information about medications in pregnancy is difficult to sift through. Many sources are unreliable. When in doubt, ask the expert!