



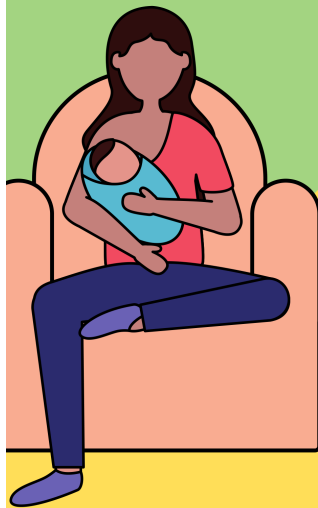
# PSYCH MEDS, PREGNANCY & BREASTFEEDING

Research has found that **untreated** depression & anxiety during pregnancy and postpartum carry **significant** risks such as miscarriage, preterm labor, low birth weight, preeclampsia, poor attachment to baby, worsening depression/anxiety, + not breastfeeding as long.



## SAFER OPTIONS PER RESEARCH

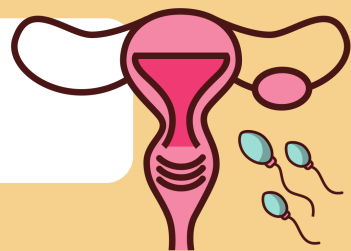
Prozac, Zoloft, Paxil, Lexapro, Citalopram, Wellbutrin, Lamictal, Seroquel, & Olanzapine.



## REQUIRE A DISCUSSION WITH YOUR PROVIDER, BUT ARE POSSIBILITIES TO CONTINUE DURING PREGNANCY/BREASTFEEDING

Lithium, Ritalin, Strattera, Mirtazapine, Benzo's, Abilify, Propranolol, Gabapentin, Latuda, Topiramate, Adderall, Trazodone, Amitriptyline, Clonidine, Hydroxyzine, Qelbree, Duloxetine, Oxcarbazepine, Ziprasidone, Vraylar, Suboxone + Effexor.

**NOT SAFE AT ALL**  
Depakote/Valproic Acid & Tegretol.



Medications should always be discussed with a trained provider. Everything has risks and benefits. Please make an appointment to discuss your options.

