



Pregnancy & Breastfeeding Antidepressant Medication Chart

Note: for use by prescribing clinicians only

Access help for your patients (MN residents) Call the HelpLine- 612/787-7776; email ppsmhelpline@gmail.com
 Prescriber questions? www.mnpsychconsult.com

Name/ Dose	Benefits	Maternal Risks	Fetal Risks*	P450**	Blood to Cord Transmission***	RID	Half-life/ metabolites	Breastfeeding Side-effects	Special Considerations
SSRI's			*Meta-analysis has documented that the use of SSRI's during the first trimester of pregnancy does NOT increase the risk of congenital malformations above that seen in the general population.	**If mom is a poor metabolizer, more drug will be available for cord to placenta transfer	***Estimated fetal exposure of parent drug				
Citalopram (Celexa) 20-40 mg qd	Few drug to drug interactions; No adverse morphologic consequences for infant	Nausea, insomnia, dizziness, lethargy, QT prolongation	Systematic review: absolute risk of anomalies low; poss. fetal growth restriction. Poss neural tube, cardiac defects; poss. pre-term birth, poss. post-natal adaption syndrome (PNAS)	2C19, 2D6, 3A4	0.58-0.73	3.6%	35 hrs.	Somnolence, weight loss, decreased feeding	None
Escitalopram (Lexapro) 10-20 mg qd	Few drug to drug interactions; no adverse morphologic consequences for infant	Nausea, insomnia, dizziness, sexual dysfunction, dry mouth	Systematic review: absolute risk of anomalies low; poss. pre-term birth, poss. PNAS	2C19, 2D6, 3A4	0.73	5.2-8%	30 hrs.	Somnolence, weight loss, decreased feeding	None
Fluoxetine (Prozac) 20-80 mg qd	Multiple human studies, including meta-analysis, systematic review & neuro-dev. follow-up; Treats depression & anxiety.	Nausea, sexual dysfunction, lethargy, activation	Systematic review: absolute risk of anomalies low; poss. pre-term birth, poss. (PNAS)	2C19, 2D6, 2C9, 3A4	0.64-0.71	1.6-14%	5-7 days	Colic, fussiness, crying	Highest incidence of drug interactions; good choice if adherence issues d/t long half-life
Paroxetine (Paxil) 20-80 mq qd	Highly effective at treating anxiety. Less desired in pregnancy d/t PNAS risk; can use if benefits outweigh risks.	Case reports of increased miscarriage risk; fatigue, dizziness, sexual dysfunction	Absolute risk low in systematic review; poss. risk of pre-term birth. Original cleft palate research never replicated. Poss. PNAS.	2D6, 3A4	0.46	1.2-2.8%	21-24 hrs.	No reported concerns	Highest incidence PNAS.; avoid in adolescents.
Fluvoxamine (Luvox) 50-300 mg qd	Treats depression, anxiety, and OCD	Nausea, drowsiness, appetite loss, poss. drug interactions	Systematic review: absolute risk of anomalies low; poss. pre-term birth, poss. PNAS	1A2, 2D6	0.78	0.3-1.4%	12-24 hrs.	No reported concerns	None



Pregnancy & Breastfeeding Antidepressant Medication Chart

Note: for use by prescribing clinicians only

Access help for your patients (MN residents) Call the HelpLine- 612/787-7776; email ppsmhelpline@gmail.com
 Prescriber questions? www.mnpsychconsult.com

Name/ Dose	Benefits	Maternal Risks	Fetal Risks*	P450**	Blood to Cord Transmission***	RID	Half-life/ metabolites	Breastfeeding Side-effects	Special Considerations
SSRI's (cont.)									
Vilazodone (Viibryd) 40 mg qd	Treats depression & anxiety. Considered weight neutral. Lesser incidence of sexual dysfunction.	Nausea, diarrhea vomiting, insomnia	Case reports no adverse effects	2C19, 2D6, 3A4	No data	No data	25 hours	No data	Must be taken with food.
Sertraline (Zoloft) 50-200 mg qd	Most studied in pregnancy. No adverse behavior/ congenital evidence.	Nausea, diarrhea, tremors, sexual dysfunction	Systematic review: absolute risk of anomalies low; poss. pre-term birth, least incidence of PNAS.	2B6, 2C19, 2C9, 2D6, 3A4	0.29-0.73	0.4-2.2%	12-24 hrs.	No reported concerns	None
Desvenlafaxine (Pristiq) 50-100 mg qd	Pregnancy data applied from venlafaxine	Poss. increased risk of miscarriage; nausea, sweating, dry mouth, dizziness, insomnia, somnolence, sexual dysfunction, hypertension.	Pregnancy data applied from venlafaxine.	3A4	No data	6.8-9.3%	11 hrs.	Monitor for adequate weight gain; poss. sleep changes- sleepless or excessive.	No active metabolites
SNRI's									
Vorflexetine (Trintellix) 5-20 mg qd	Treats depression; SSRI and serotonin modulator.	Nausea, diarrhea, constipation, vomiting, dry mouth, abnormal dreams, flatulence	No human studies; animal studies showed decreased birth weight, delayed bone development.	2C19, 2D6, 3A4	No data	No data	66 hrs.	No data	Max dose 10 mg in poor 2D6 metabolizers.
Duloxetine (Cymbalta) 60-120 mg qd	Lowest RID Treats anxiety, depression, and chronic pain.	Nausea, dry mouth constipation, dec. appetite, fatigue, blurred vision, tremors, insomnia.	Case reports, no increased risk in malformations.	1A2, 2D6	0.12	0.001	12 hrs.	No reported concerns	None



Pregnancy & Breastfeeding Antidepressant Medication Chart

Note: for use by prescribing clinicians only

Access help for your patients (MN residents) Call the HelpLine- 612/787-7776; email ppsmhelpline@gmail.com
 Prescriber questions? www.mnpsychconsult.com

Name/ Dose	Benefits	Maternal Risks	Fetal Risks*	P450**	Blood to Cord Transmission***	RID	Half-life/ metabolites	Breastfeeding Side-effects	Special Considerations
SNRI's (cont.)									
Amityriptaline (Elavil) 25-300 mg qd	No evidence of physical or behavior problems in infants; may be helpful if sedation is desired. Treats anxiety, depression and chronic pain.	Poss. drug interactions; Sedation, weight gain, dry mouth, orthostatic hypotension, constipation.	Possible urine retention in newborn; PNAS *Meta-analysis has documented that the use of SSRI's during the first trimester of pregnancy does NOT increase the risk of congenital malformations above that seen in the general population.	1A2, 2C19, 2C9, 2D6, 3A4 **If mom is a poor metabolizer, more drug will be available for cord to placenta transfer	No data ***Estimated fetal exposure of parent drug	1.9-2.8%	20 hrs.	Monitor urination, possible lethargy and constipation	Get baseline ECG
Venlafaxine (Effexor XR) 75-375 mg qd	No increased risk of malformations; no teratogenic effects.	Poss. increased risk , of miscarriage. Nausea, sweating, dry mouth, dizziness, insomnia, somnolence, sexual dysfunction, hypertension.	Possible low birth weight.	2C19, 2D6, 2C9, 3A4	0.72	6.8-8.1%	15 hrs.	Sleeplessness, excessive sleeping; monitor for adequate weight gain.	None
Tri-cyclic Antidepressants									
Levomilnacipran (Fetzima) 40-120 mg qd	Treats anxiety, depression, and chronic pain. Helpful for focus and motivation.	Nausea, sweating, constipation, heart palpitations, inc. heart rate.	No pregnancy data.	2C19, 2D6, 3A4	No data	No data	12 hrs.	No data	None
Desipramine (Norpramin) 100-300 mg qd	Treats depression	Poss. drug interactions; Nausea, lethargy, weight gain, constipation	Poss. tachycardia, urine retention, and PNAS	2D6	No data	0.3-0.9%	12-54 hrs.	No reported concerns	None
Clomipramine (Anafranil) 50-250 mg qd	Treats OCD	Somnolence, tremor, dizziness, headache, insomnia, weight gain.	Poss. cardiac anomalies, No teratogenic effects. Limited information in pregnancy.	2C19, 2D6, 3A4	40%	2.80%	19-37 hrs.	No reported concerns	None



Pregnancy & Breastfeeding Antidepressant Medication Chart

Note: for use by prescribing clinicians only

Access help for your patients (MN residents) Call the HelpLine- 612/787-7776; email ppsmhelpline@gmail.com

Prescriber questions? www.mnpsychconsult.com

Name/ Dose	Benefits	Maternal Risks	Fetal Risks* <small>*Meta-analysis has documented that the use of SSRI's during the first trimester of pregnancy does NOT increase the risk of congenital malformations above that seen in the general population.</small>	P450** <small>**If mom is a poor metabolizer, more drug will be available for cord to placenta transfer</small>	Blood to Cord Transmission*** <small>***Estimated fetal exposure of parent drug</small>	RID	Half-life/ metabolites	Breastfeeding Side-effects	Special Considerations
Tri-cyclic Antidepressants (cont.)									
Nortryptaline (Pamelor) 50-150 mg qd	Treats depression; Evidence of help with smoking cessation.	Poss. drug interactions; May cause cardiac symptoms, SVT or conduction changes.	Poss. tachycardia, urine retention, and PNAS	2D6	0.68	1.7-3.1%	16-38 hrs.	No reported concerns	None
Other									
Bupropion (Wellbutrin) 150-450 mg qd	Curbs smoking, improves energy and focus; treats depression.	Poss. drug interactions; Poss. increased miscarriage risk. Rare, but increased seizure risk. Tremor, agitation, anxiety, sleeplessness, headache, bruxism, sweating.	Poss. increased risk of fetal heart anomalies; PNAS	2B6, 2D6, 3A4	0.53	0.2-2%	33-37 hrs.	Case report of infant vomiting	Not good for anxiety
Mirtazapine (Remeron) 7.5-45 mg qd	Treats hyperemesis gravidarum, increases appetite. Treats depression. Useful for sleep. No reported increase malformation risk.	Somnolence, appetite increase, weight gain.	No teratogenic effects; Poss. PNAS	1A2, 2C9, 2D6,3A4	No data	1.6-6.3%	20-40 hrs.	No reported concerns	None
Trazadone (Desyrel) 50-400 mg qd	Antidepressant typically used in low doses for sleep.	Blurred vision, dizziness, lethargy,dry mouth, fatigue,headache, urine retention, poss. drug interactions. Poss. galactorrhea.	Poss. PNAS	3A4	No data	2.80%	10-12 hrs.	Case reports of newborn indigestion	None

Citations:

Marroun, White, Verhulst, Tiemeier, 2014, Maternal use of antidepressant or anxiolytic medication during pregnancy and childhood neurodevelopmental outcomes: a systemic review, Eur Child Adol. Psychiatry

<http://womensmentalhealth.emory.edu/Blog%20Entries/Blog%20-%202012.01.01>

Ewing, Tatarchuk, Appleby, 2015, Placenta transfer of antidepressant medications: Implications for postnatal adaptation syndrome, Clinical Pharmacokinetics.

Fokina, West, Oncken, 2016, Bupropion therapy during pregnancy: the drug and its major metabolites in umbilical cord plasma and amniotic fluid, Am J Obstet Gynecol.

Reprotox.org

Wisconsin Association for Perinatal Care,

https://perinatalweb.org/assets/cms/uploads/files/WAPC_Med_Chart_2016_v5%20FINAL.pdf