

ANTIDEPRESSANT MEDICATIONS FOR PREGNANT & BREASTFEEDING MOTHERS

This is a list of common medications prescribed for anxiety and depression. If you are pregnant or breastfeeding, please take this information to your physician or health care provider to discuss what would work best for you and your baby.

	PREGNANCY	BREASTFEEDING
Zoloft	Preferred	Preferred for use with Postpartum Depression
Lexapro		Compatible with breastfeeding. Observe infant for sleepiness.
Celexa		Avoid; Lexapro preferred.
Prozac	Consider a lower dose in the last trimester of pregnancy.	Other meds preferred; compatible if it is the most effective for mom
Effexor	Concern about adverse effects immediately after delivery.	Compatible with breastfeeding.
Cymbalta	Alternative if others agents not effective. Similar to Effexor.	Similar to Effexor. Not preferred.
Paxil	Avoid, especially in teens	Ideal if used only postpartum
Wellbutrin	Avoid if history of seizures.	No studies in breastfed infants.
Trazodone		No adverse effects reported.
Elavil	Not to be used in combination with other agents.	Compatible with breastfeeding.
Tofranil	Avoid	Monitor infant closely for sleepiness. Medication can build up in infant.
Pamelor	Avoid	No adverse effects reported.
St. John's Wort	Avoid	No adverse effects reported.
Kava-Kava	Avoid	Contraindicated during breastfeeding. High risk.

Please discuss the use of any medication during and after pregnancy with your physician to weigh benefits and risks before making a decision. This chart is provided as a guideline only, it is not intended to be medical advice. Each mother's situation and condition is different.

Reference: Thomas W. Hale(2008) *Medications and Mothers' Milk* , Hale Publishing.