

Pregnancy & Medications

Medications & Pregnancy



Pregnancy, whether planned or a pleasant surprise, brings with it important concerns about prescription and over the counter medications. Not every medication poses a risk to your unborn baby; however, some do. It is important to talk to your doctor.

SAFE in Pregnancy

The following medications can be used safely throughout pregnancy:



- Prednisone
 - Watch for diabetes in pregnancy
 - May increase risk for infection
 - High doses may result in pre-term birth
- Hydroxychloroquine
- Sulfasalazine & Folic Acid 5 mg/day
- Azathioprine at less than 2mg/kg/day
- Cyclosporine/Tacrolimus
 - Widely used in transplant patients
- IVIG
- Certolizumab
 - Does not cross the placenta

Use with CAUTION in Pregnancy

Some medications can be used with caution in pregnancy or must be stopped at a certain point in time



- NSAIDs
 - e.g. Naproxen, Ibuprofen, Diclofenac, Celecoxib, Indomethacin, Meloxicam
 - Should be stopped before week 28
- Infliximab, Adalimumab, Etanercept, and Golimumab
 - Please discuss with your doctor

AVOID in Pregnancy

The following medications are UNSAFE in pregnancy. Women taking these medication should be using reliable contraception (i.e. the birth control pill)



- Methotrexate
 - Stop 3 months prior to trying conceive
 - May cause birth defects. If you become pregnant on this medication stop immediately and contact your doctor.
 - Increased rates of miscarriage.
- Leflunomide
 - May cause birth defects. If you become pregnant on this medication stop immediately and contact your doctor.
 - Consider a Cholestyramine washout
 - Talk to your rheumatologist about changing medications prior to trying to get pregnant
- Cyclophosphamide
 - Can reduce fertility in men and women
 - May cause birth defects and miscarriage
 - Stop 3-6 months prior to trying to conceive
- Rituximab
- Mycophenolate
 - Stop 3 months prior to trying conceive
 - May cause birth defects. If you become pregnant on this medication stop immediately and contact your doctor.
 - Increased rates of miscarriage.
- Limited Data Available for Anakinra, Tocilizumab, Tofacitinib, Ustekinumab, Belimumab, Abatacept. Discuss with your doctor

Medications & Breast Feeding



The benefits of breastfeeding are important to both mother and baby. Not every medication poses a risk during breast feeding but some do. It is important to discuss with your doctor.

SAFE in Breast Feeding

The following medications can be used safely while Breast Feeding:



- NSAIDs
- Prednisone
- Hydroxychloroquine
- Sulfasalazine with folic acid 5 mg/day
- Azathioprine at less than 2mg/kg/day
- IVIG
- Etanercept, Certolizumab, Infliximab, Golimumab, Adalimumab

Use with CAUTION in Breastfeeding



Some medications must be used with caution while breastfeeding. Discuss with your Rheumatologist.

- Cyclosporine & Tacrolimus

AVOID in Breastfeeding

The following medications are NOT SAFE while breast feeding:



- Methotrexate
- Leflunomide
- Cyclophosphamide
- Mycophenolate
- There is not enough data on the safety of the following medications while breast feeding: Anakinra, Tocilizumab, Tofacitinib, Ustekinumab, Belimumab, Abatacept, Rituximab