

It is best for mothers that need antidepressants, to remain on them for the duration of their pregnancy if possible.

Each pregnancy is unique and all decisions should be made under the care of a doctor.

Selective serotonin reuptake inhibitors (SSRIs) are commonly used to treat:

- Depression
- Anxiety
- OCD
- Bipolar disorder

Pregnancies exposed to SSRIs are sometimes associated with:

- Preterm birth
- Lower birth weight
- Neonatal SSRI withdrawal syndrome

Fluoxetine (Prozac) is associated with right ventricular outflow tract obstruction.

Paroxetine (Paxil) is associated with anencephaly, and atrial septal defects.

Sertraline (Zoloft) and nine other common SSRIs failed to be associated with any significant defects.

Mothers with untreated depression are more prone to:

- Postpartum depression, suicidal thoughts, and engagement in risky behaviors while pregnant (like drinking, smoking, and drug abuse).
- Complications (such as preeclampsia)

It also has **detrimental impacts on fetal & infant health** since they are more likely to be born premature and/or at a lower birth weight.

The long-term **health of a mother will impact the health of the fetus** and eventually their health during infancy, childhood, and adolescence.

References

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