

## Commonly asked Questions

### I have just found out I am pregnant should stop my diazepam?

There is no need to stop diazepam and your baby will have already been exposed to the medicine. If in treatment with Together, meet with your prescriber/recovery worker and decide together on a plan of action. Inform both your midwife and GP.

If you are only taking it when you need it rather than regularly you should have no problems stopping it.

If you stop diazepam quickly after taking it for several months or longer you might get some withdrawal or discontinuation symptoms.



## What you can do..

Contact one of the services below to discuss treatment and support options

Together — 0800 233 5444

Your GP

Midwife Team

Specialist Midwife

If you feel there is something seriously wrong with either yourself or the baby go to your nearest A & E or dial 999

## Diazepam and Pregnancy



## Possible effects of stopping immediately

- Headaches
- Nausea
- Vomiting
- Stomach pains & Cramps
- Tremors
- Increased blood pressure and heart rate
- Mood Swings
- Panic Attacks



## Impact of Diazepam on unborn / new born baby

Diazepam (aka Valium) is a benzodiazepine

### Impact on baby:

If you take diazepam every day in the weeks before delivery your baby may have temporary symptoms such as:

- Irritableness
- Crying
- Eating and Sleeping

These are usually mild, and go away in a few days without treatment

The risk of side-effects in the baby such as 'floppy baby syndrome', which includes problems breathing, are higher if you take high doses or other medicines which cause sedation.

To reduce the risk of discontinuation symptoms and side effects in the baby, the dose of diazepam may be reduced or stopped before your due date

## Commonly asked Questions

### Can I use Diazepam and breastfeed?

Simple answer is **Yes**

Diazepam passes in to breast milk but this does not mean you can't breast feed if you have a healthy full term baby Any discontinuation symptoms can be helped if you carry on taking diazepam whilst breastfeeding as the baby may get some of it via the milk.

Do look out for any extra sleepiness in your baby If your baby was born early then breastfeeding is not recommended as your baby may not be able to safely get rid of the diazepam.

If your baby becomes restless, very sleepy or develops feeding problems stop breastfeeding and quickly seek medical advice