

Commonly asked Questions

What if I take Benzodiazepines before I knew I was pregnant?

You may have used a Benzodiazepine and didn't realise you were pregnant, try not to worry.

It's important you tell your GP and Midwife straight away so they can check everything is ok.

To protect your baby you should not use any Benzodiazepines while you are pregnant unless prescribed.



What can you do..

Do not just Stop! Contact one of the services below to discuss a carefully planned reduction

Together — 0800 233 5444

Your own GP

Midwife Team

If you feel there is something seriously wrong with either yourself or the baby go to your nearest A & E or if not

Benzodiazepine and Pregnancy



Possible effects on the Mother

- Physical Dependency
 - Low Mood
 - Miscarriage
 - Memory Loss
 - Sedated
- Injuries such as falls, which may lead to miscarriage / harm to the baby
 - Lack of coordination.
 - Poor nutrition
 - Low Blood Pressure



Benzodiazepines

There are many prescribed or illicit Benzodiazepines which impact your unborn baby in many ways.

Some of the more common ones include: Valium aka Diazepam, and Librium. These can be prescribed but are known to be widely available illicitly.

Illicit Benzodiazepines including Xanax which is not prescribed in the UK often contain unknown substances, which could cause additional complications to yourself and unborn baby.

Impact of Benzodiazepines on unborn / new born baby

- Trouble breathing
- Muscle weakness
- Crying
- Irritability
- Physical discomfort
- Sleep disturbances
- Jitteriness and shaking
- Tremors

Commonly asked Questions

Can I take Benzodiazepine and breast-feed?

Simple answer is **Yes and No**

If you are using Benzodiazepine, safe breastfeeding depends on a combination of the following:

- Which benzodiazepine you are taking
 - How much you are using
- What other drugs or medications you are taking

Always talk with your midwife first to see if is safe to do so.

Can I just stop taking Benzodiazepines whilst pregnant?

Simple answer is **No**

During pregnancy, it is better to reduce your dose slowly rather than stopping it altogether. Stopping too quickly can cause withdrawal symptoms or seizures which can be harmful to you and your baby.