

# Med Use in Pregnancy and Lactation

## HEART FAILURE, REDUCED EF

### Safe for use in pregnancy:

Beta-blocker	Bisoprolol Carvedilol Metoprolol XL	Monitor fetal growth and HR
Diuretics	Bumetanide Furosemide Torsemide	Titrate to effect May suppress lactation
Vaso-dilators	Hydralazine Isosorbide dinitrate	

### Use only if necessary (risk vs benefit)

Digoxin	Monitor digoxin levels
Ivabradine	Risk of preterm birth, monitor HR
Spirolactone Eplerenone	May use lowest effective dose in patients trying to conceive if benefit outweighs risk Avoid in pregnancy due to risk of feminization of male fetus

### Avoid in pregnancy and patients trying to conceive

ACE inhibitors/ARBs/ARNIs  
SGLT2 inhibitors

### Preferred agents for use in lactation

Beta blocker	Metoprolol XL
Diuretic	Furosemide
ACEi	Enalapril
ARB	Losartan
ARNI	No data
ARA	Spirolactone
Other	Digoxin

## HYPERTENSION

### Safe for use in pregnancy:

Beta-blocker	Labetalol* Carvedilol Metoprolol	Monitor fetal growth and HR
Calcium Channel Blocker	Nifedipine XL* Amlodipine Diltiazem Verapamil	Verapamil- use lowest effective dose and avoid in first trimester
Diuretic	Bumetanide Furosemide Torsemide HCTZ Chlorthalidone	Titrate to effect May suppress lactation
Vaso-dilators	Methyldopa* Hydralazine	

### Use only if necessary (risk vs benefit)

Spirolactone Eplerenone	May use lowest effective dose in patients trying to conceive if benefit outweighs risk Avoid in pregnancy due to risk of feminization of male fetus
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### Avoid in pregnancy and patients trying to conceive

ACE inhibitors/ARBs/ARNIs  
SGLT2 inhibitors

### Preferred agents for use in lactation

Beta blocker	Metoprolol XL
Thiazide Diuretic	HCTZ Chlorthalidone
ACE inhibitor	Enalapril
ARB	Losartan
Calcium Channel Blocker	Nifedipine Verapamil

## DIABETES

### Safe for use in pregnancy:

Insulin	Preferred agent Dosing variable
Metformin	Readily crosses placenta Less risk of neonatal hypoglycemia

### Use only if necessary (risk vs benefit)

Sulfonyl-ureas	Crosses placenta Risk of neonatal hypoglycemia
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### Avoid in pregnancy and patients trying to conceive

GLP-1 Agonists  
SGLT2 inhibitors  
Thiazolidinediones

### Preferred agents for use in lactation

Insulin  
Metformin  
Second gen sulfonylureas (glipizide, glyburide)

\*= preferred agent

# Med Use in Pregnancy and Lactation

## ANTICOAGULATION / ANTIPLATELETS

### Safe for use in pregnancy:

Anti-coagulant	Enoxaparin	Dosing variable based on indication and renal function
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Anti-platelet	Aspirin
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### Use only if necessary (risk vs benefit)

Clopidogrel	Use for shortest duration possible Discontinue 5-7 days prior to delivery to decrease risk of hemorrhage
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Warfarin	Dosing variable based on INR
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### Avoid in pregnancy and patients trying to conceive

DOACs	Limited data
P2Y12 inhibitors	Prasugrel Ticagrelor

\*REFER to high-risk OB if pregnant and requiring anticoagulation

### Preferred agents for use in lactation

Anticoagulant	Enoxaparin
Antiplatelet	Aspirin

## DYSLIPIDEMIA

### Safe for use in pregnancy:

Omega-3 fatty acids
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### Use only if necessary (risk vs benefit)

Statins	Can be considered if high risk of CV events
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### Avoid in pregnancy and patients trying to conceive

Ezetimibe	Teratogenic
PCSK9i	No data

### Preferred agents for use in lactation

Omega-3 fatty acids Colesevelam
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## PREVENTION OF PREECLAMPSIA

### Safe for use in pregnancy:

Aspirin is the recommended agent
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## DOSING REFERENCE

### Beta Blockers

Bisoprolol 1.25-10mg daily  
Carvedilol 3.125-50mg BID  
Metoprolol XL 12.5-200mg daily  
Labetalol 200-2400mg/day in 2-3 divided doses

### Diuretics

Bumetanide 0.5-1mg daily  
Furosemide 20-80mg daily  
Torsemide 10-200mg daily  
HCTZ 12.5-50mg daily  
Chlorthalidone 12.5-25mg daily

### Vasodilators

Hydralazine 25-75mg TID  
Isosorbide dinitrate 20-40mg TID  
Methyldopa 250-3000mg/day in 2-3 divided doses

### Calcium Channel Blockers

Nifedpine XL 30-90mg daily  
Amlodipine 2.5-10mg daily  
Diltiazem 60-180mg IR BID or 120-360mg ER daily  
Verapamil 120-360mg IR/day in 3 divided doses or 120-360mg ER/day in 1-2 divided doses

### Misc. HF/HTN Meds

Digoxin 0.125-0.25mg daily  
Ivabradine 2.5-7.5mg BID  
Spironolactone 12.5-50mg daily

### Diabetes Meds

Metformin 500-2000mg daily in 1-2 divided doses  
Glipizide ER 2.5-5mg daily  
Glyburide 1.25-5mg daily

### Anticoagulants / Antiplatelets

Aspirin 81mg daily  
Clopidogrel 75mg daily  
Warfarin 2-10mg based on INR  
Enoxaparin based on indication and renal function