

# DEPRESSION IN PREGNANCY

## Safe Options!

Many medications used to treat depression are considered safe to take in pregnancy.

These meds are unlikely to increase the risk of birth defects. Some examples include citalopram (Celexa®), escitalopram (Lexapro®), fluoxetine (Prozac®), and sertraline (Zoloft®).



Did you know that being depressed during pregnancy can affect your unborn baby?

## GET HELP

### Evaluation and Prescription

Work with your ob provider or pharmacist to make an informed choice about your treatment options.

### Educative intervention

Untreated depression is harmful to both you and your unborn baby.

SCAN ME! >>>



## Treating Depression During Pregnancy



**I-PPOSS**

*Idaho Pregnant and Perinatal  
Opioid Support System*

# YOUR CHOICE!

If you have depression and are already on a specific medication to treat it, you don't necessarily need to change medications.

Talk to your ob provider or pharmacist about the risks and benefits of staying on your current med and then decide the best choice for you.



# WHY IT MATTERS?

Depression during pregnancy can cause your baby to:

*Not grow well in your belly*

*Have emotional issues as a child*

*Have health issues after birth*

*Be fussier after birth*

*Go into labor too early*

*Be too small at birth*

