



Pregnancy & Bipolar Disorder: Navigating Pregnancy

Many factors may effect your mood during pregnancy. It is important to be conscious of your past experiences as well as possible new circumstances and triggers.

- ✓ Monitor your level of anxiety. Closely monitor your mood symptoms and report to your doctor. You may require more frequent appointments.
- ✓ Follow medication directions carefully. The rate at which your mood stabilizer dose may be reduced can influence your mood.
- ✓ Note any changes in social supports, stressful life events, and relationship difficulties
- ✓ Ensure you get enough time to rest.
- ✓ Use relaxation techniques.



While care is taken to try to minimize medication use during pregnancy—particularly in the first trimester—you and your doctor may decide that continued drug treatments are necessary to manage your illness.

Some things to consider:

- ✓ If your medication is associated with harmful effects to the fetus, a safer one may be available. Be sure to discuss potential options with your doctor.
- ✓ It is important to keep fetal risk in perspective. In every pregnancy, even if you do not take any medication, there is a 1 to 3% risk of having a baby with a major malformation. Some of the medicines used for the treatment of bipolar disorder increase this risk; however, the benefits of treatment to yourself and the baby must be weighed against this small risk.
- ✓ Never stop or make changes to your medication without consulting with your doctor first.

