

# Patient information sheet for women whose babies have been exposed to Selective Serotonin Reuptake Inhibitors (SSRI's)

## I needed to take medication for my mental health during pregnancy – what does this mean when my baby is born?

- Women need to take medication for many different physical and mental health problems during pregnancy
- You have been given this leaflet as you and your Consultant have decided that it would be safest for you to take antidepressant or anti-anxiety medication for your mental health during pregnancy.

## Do I need to do anything?

- Make sure you tell the people involved in your care what medication you are taking
- Don't stop, or make any changes to your medication without talking to your Consultant first
- Take medication regularly and make sure you don't run out – if this happens make sure you talk to your GP or psychiatry doctor about what to do.

## What about after my baby is born?

- Your baby will be reviewed every four hours by a midwife for the first 24 hours following birth, as your baby may display signs of withdrawal from the medication you have been taking.

## Symptoms can include:

Insomnia / restless sleep	Tremors /Jitteriness
Irritability/ agitation	Increased respiratory rate
Excessive sucking or poor sucking	Unstable temperature
Diarrhoea and or Vomiting	Nasal congestion/snuffling/sneezing
Acrocyanosis - coolness and dusky colour of hands and feet	Increased/Decreased tone

- A doctor will check your baby within the first 24 hours after birth, to make sure that he/she is not experiencing any physical health problems



- The review will include checking your baby's alertness and looking for any signs of irritability or distress, testing his/her movements for any stiffness or floppiness as well as listening to the baby's heart and lungs
- The doctor will also ask if you have any worries about your baby's wellbeing, including how he / she is settling, feeding and sleeping
- The check will take around 10 minutes and is not harmful or painful for your baby
- During the check the doctor will talk to you about any concerns they find with your baby, and whether these are due to medication or other causes. They will explain any investigations or treatment needed.
- If the baby has a normal examination and has established feeding well, then she/he can go home.
- Your baby will be examined again on the second day after birth by a midwife.

### **Who should I speak to if I'm worried about my baby's health?**

- If at any time your baby appears unwell, drowsy, or has feeding difficulties, you should seek advice from your Midwife, GP, or take him/her to your nearest Emergency Department
- Please refer to the contact telephone numbers in the discharge information.

### **Further information about medications in pregnancy can be found at:**

BUMPS (Best Use of Medicines in Pregnancy) [www.medicinesinpregnancy.org/](http://www.medicinesinpregnancy.org/)  
 Royal College of Psychiatrists: [www.rcpsych.ac.uk/healthadvice/problemsdisorders/mentalhealthinpregnancy.aspx](http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/mentalhealthinpregnancy.aspx)

### **Contact details:**

Doncaster Royal Infirmary, Maternity Department, **Tel: 01302 642709**  
 Bassetlaw Hospital, Maternity department, **Tel: 01909 572891.**

### **Patient Experience Team**

The team are available to help with any concerns/complaints you may have about your experience at the Trust. Their office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email.

### **The contact details are:**

Telephone: 01302 642764 or 0800 028 8059  
 Email: [dbth.pals.dbh@nhs.net](mailto:dbth.pals.dbh@nhs.net)