Pregnancy & Anti-seizure Drugs

Women who take anti-seizure drugs need to plan well ahead for pregnancy



1-2 Years Before Pregnancy



During Pregnancy



After Delivery

Avoid valproate



- Valproate has the highest risk of birth defects
- · Change it to a safer anti-seizure drug

Minimize the number and doses of anti-seizure drugs



- · Use the lowest effective dose
- Use only one anti-seizure drug if possible

Start up to **5**mg of folic acid daily



Aim to be seizure-free for at least 9 months before pregnancy to lower risk of seizures during pregnancy



Avoid stopping or switching anti-seizure drugs during pregnancy



- Especially with lamotrigine and levetiracetam
- Adjust phenytoin doses using free concentrations, not total concentrations



Watch for new drug interactions



 Antacids may decrease phenytoin absorption Doses of anti-seizure drugs may need to be adjusted



It is generally safe to breastfeed with anti-seizure drugs







_zZZ Drowsiness

Hyperexcitability









