

## Mental health medication and pregnancy

### ANCHOR LEDE

As the stigma around mental health continues to improve, people are more likely to seek treatment. A woman who has just learned she's pregnant may wonder: should I stop taking medicines like Zoloft or Prozac? Will they hurt my baby?

### TAKE VO

Sarah Shoemaker, a certified nurse midwife at OSF HealthCare, says it's a conversation for your health care provider, ideally before you get pregnant. But she says most of the time, you can and should stay on your medication.

\*\*\*SOT\*\*\*

Sarah Shoemaker [SHOE-may-ker]  
OSF HealthCare midwife

**“There are some women who take years to find the perfect combination of medications that keep them stable and healthy. We don't want to mess with that. Very rarely do we have to completely disrupt somebody's medication regimen. Nothing in our field is black and white. There's no such thing as bad medication or strictly dangerous medication. We weigh the pros and cons and decide what's best for each patient.” (:31)**

### VO TAG

In the rare cases where your provider may advise a change, you may go on a supplement.