



MotherToBaby

Medications & More During Pregnancy & Breastfeeding  
Ask The Experts

Fact Sheet

by the **Organization of Teratology Information Specialists (OTIS)**

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## Carisoprodol

This sheet talks about exposure to carisoprodol in pregnancy and while breastfeeding. This information should not take the place of medical care and advice from your healthcare provider.

### ***What is carisoprodol?***

Carisoprodol is a medication that has been used to treat muscle pain and stiffness from muscle spasms. Two brand names are Soma® and Vanadom®.

### ***I take carisoprodol. Can it make it harder for me to get pregnant?***

Studies have not been done to see if carisoprodol could make it harder for a woman to get pregnant.

### ***I just found out I am pregnant. Should I stop taking carisoprodol?***

Talk with your healthcare providers before making any changes to how you take this medication. They can discuss the benefits of treating your condition and any possible risks from continuing this medication.

### ***Does taking carisoprodol increase the chance for miscarriage?***

Miscarriage can occur in any pregnancy. Studies have not been done to see if carisoprodol increases the chance for miscarriage.

### ***Does taking carisoprodol increase the chance of birth defects?***

In every pregnancy, a woman starts out with a 3-5% chance of having a baby with a birth defect. This is called her background risk. Experimental animal studies did not find a higher chance for birth defects.

Studies on people that are pregnant have not been done to see if carisoprodol could increase the chance of birth defects. There have been some case reports of normal human pregnancy outcomes after exposure to carisoprodol. Case reports are not the same as studies and cannot provide enough information to learn how carisoprodol would affect a human pregnancy.

### ***Could taking carisoprodol cause other pregnancy complications?***

Studies have not been done on people who are pregnant to see if carisoprodol could cause pregnancy complications. There have been some case reports normal human pregnancy outcomes after exposure to carisoprodol. Case reports are not the same as studies.

### ***Does taking carisoprodol in pregnancy cause long-term problems in behavior or learning for the baby?***

Studies have not been done to see if carisoprodol could cause long-term behavior or learning issues from exposure in a pregnancy.

### ***Can I breastfeed while taking carisoprodol?***

Carisoprodol can get into breastmilk. Carisoprodol has not been well studied for use during breastfeeding. There are two case reports of using carisoprodol while breastfeeding. One report described the nursing infant as being a little sleeper than expected while nursing. In the other case, there were no unusual findings in the nursing child. If you suspect the baby has any symptoms, such as being too sleepy or difficult to wake for feeds, contact the child's healthcare provider. Be sure to talk to your healthcare provider about all your breastfeeding questions.

***If a man takes carisoprodol, could it affect his fertility (ability to get partner pregnant) or increase the chance of birth defects?***

Studies have not been done to see if carisoprodol could affect male fertility or increase the chance of birth defects in a partner. In general, exposures that fathers have are unlikely to increase risks to a pregnancy. For more information, please see the MotherToBaby fact sheet Paternal Exposures at <https://mothertobaby.org/fact-sheets/paternal-exposures-pregnancy/pdf/>.

**Please click here for references.**

**August, 2020**