Chlordiazepoxide (Librium®)

What is chlordiazepoxide?
Chlordiazepoxide is a medication that has been used to treat anxiety and symptoms of alcohol withdrawal syndrome (such as anxiety and agitation). MotherToBaby has a fact sheet on anxiety at https://mothertobaby.org/fact-sheets/anxiety-fact/. Chlordiazepoxide is in a class of medications called benzodiazepines. A brand name for chlordiazepoxide is Librium®.

I take chlordiazepoxide. Can it make it harder for me to get pregnant?
Studies have not been done to see if taking chlordiazepoxide could make it harder to become pregnant.

I just found out I am pregnant. Should I stop taking chlordiazepoxide?
Talk with your healthcare providers before making any changes in how you take this medication. If you take this medication regularly and then suddenly stop taking it, you could have withdrawal symptoms. We don’t know what effects withdrawal might have on a pregnancy. Your healthcare providers can help with slowly stopping this medication if you plan to stop using chlordiazepoxide during a pregnancy.

Does taking chlordiazepoxide increase the chance for miscarriage?
Miscarriage can occur in any pregnancy. Studies have not been done to see if chlordiazepoxide could increase the chance for a miscarriage.

Does taking chlordiazepoxide increase the chance of birth defects?
Every pregnancy starts out with a 3-5% chance of having a birth defect. This is called the background risk. Chlordiazepoxide has not been well studied for use in pregnancy. While there have been some reports of birth defects with first trimester use, no clear pattern of birth defects has been associated with this medication. Also, most reports did not find a higher chance for birth defects with first trimester use of chlordiazepoxide.

Could taking chlordiazepoxide cause other pregnancy complications?
Chlordiazepoxide has not been well studied for use during pregnancy. One study found a higher chance for low birth weight when chlordiazepoxide was taken during pregnancy.

I need to take chlordiazepoxide throughout my entire pregnancy. Will it cause withdrawal symptoms in my baby after birth?
If a person is taking a benzodiazepine near the time of delivery, the newborn might have withdrawal symptoms, which are treatable. The symptoms of withdrawal might include lax muscle tone, difficulty feeding, irritability, or low body temperature. Not every baby exposed to chlordiazepoxide will have withdrawal symptoms.

Does taking chlordiazepoxide in pregnancy cause long-term problems in behavior or learning for the baby?
Studies have not been done to see if chlordiazepoxide use in pregnancy could increase the chance for behavior changes or learning difficulties.

Can I breastfeed while taking chlordiazepoxide?
Chlordiazepoxide has not been well studied for use while breastfeeding. Since chlordiazepoxide stays in the body for a long time, talk with your healthcare provider to see if another, better studied medication would work for you while you are breastfeeding. Be sure to talk to your healthcare provider about all of your breastfeeding questions.

If my male partner takes chlordiazepoxide can it make it harder for me to pregnant or increase the chance of birth defects?
Chlordiazepoxide has not been studied for use in males who are trying to get a partner pregnant. However, a study in
experimental animals and one human case report noted that chlordiazepoxide might make it harder to ejaculate. In general, exposures that males 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/.

Please click here for references.