Chlorpheniramine

This sheet is about exposure to chlorpheniramine in pregnancy and while breastfeeding. This information is based on published research studies. It should not take the place of medical care and advice from your healthcare provider.

What is chlorpheniramine?

Chlorpheniramine is an antihistamine that has been used to relieve symptoms of allergies, hay fever (allergic rhinitis), and the common cold. These symptoms include sneezing, runny nose, watery eyes, and itchy throat. Chlorpheniramine is sold under different brand names, including Chlor-Trimeton®, Aller-Chlor®, Chlo-Amine®, Polaramine®, Teldrin®.

Sometimes when women find out they are pregnant, they think about changing how they take their medication, or stopping their medication altogether. However, it is important to talk with your healthcare providers before making any changes to how you take your medication. Your healthcare providers can talk with you about the benefits of treating your condition and the risks of untreated illness during pregnancy.

I take chlorpheniramine. Can it make it harder for me to get pregnant?

It is not known if chlorpheniramine can make it harder to get pregnant.

Does taking chlorpheniramine increase the chance of miscarriage?

Miscarriage is common and can occur in any pregnancy for many different reasons. Information from studies done on antihistamines including chlorpheniramine have not suggested an increased chance of miscarriage.

Does taking chlorpheniramine increase the chance of birth defects?

Birth defects can happen in any pregnancy for different reasons. Out of all babies born each year, about 3 out of 100 (3%) will have a birth defect. We look at research studies to try to understand if an exposure, like chlorpheniramine, might increase the chance of birth defects in a pregnancy.

Most studies find no overall increased chance of birth defects with the use of chlorpheniramine in pregnancy. While two studies found a small increased chance for different types of birth defects, no specific pattern of birth defects has been reported.

Does taking chlorpheniramine in pregnancy increase the chance of other pregnancy-related problems?

Chlorpheniramine is not expected to increase the chance for pregnancy-related problems such as preterm delivery (birth before week 37) or low birth weight (weighing less than 5 pounds, 8 ounces [2500 grams] at birth).

Does taking chlorpheniramine in pregnancy affect future behavior or learning for the child?

Studies have not been done to see if chlorpheniramine can increase the chance of behavior or learning issues for the child.

Breastfeeding while taking chlorpheniramine:

Information on the use of chlorpheniramine during breastfeeding is limited. No side effects were reported in 5 infants exposed to chlorpheniramine while nursing. Chlorpheniramine can cause sleepiness in adults and might cause the same effect in infants that are nursing. If you suspect the baby has any symptoms (such as drowsiness or irritability), contact the child's healthcare provider. Be sure to talk to your healthcare provider about all your breastfeeding questions.

If a man takes chlorpheniramine, could it affect fertility or increase the chance of birth

defects?

There are some case reports of low sperm activity with long-term antihistamine use in men. This might affect men's fertility (ability to get a woman pregnant). This effect went away when the medications were stopped. In general, exposures that fathers or sperm donors 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 to view references.

Questions? Call 866.626.6847 | Text 855.999.3525 | Email or Chat at MotherToBaby.org.

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