Flurazepam (Dalmane®)

This sheet is about exposure to flurazepam 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 flurazepam?

Flurazepam is a medication that has been used to treat insomnia (having a hard time falling asleep or staying asleep). Flurazepam is in a class of medications called benzodiazepines. A brand name for flurazepam is Dalmane®.

Sometimes when people 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.

Stopping flurazepam suddenly could cause withdrawal symptoms. It is not known if or how withdrawal might affect a pregnancy. It has been suggested that any reduction in flurazepam be done slowly, and under the direction of your healthcare provider.

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

Studies have not been done to see if taking flurazepam can make it harder to get pregnant.

Does taking flurazepam increase the chance of miscarriage?

Miscarriage is common and can occur in any pregnancy for many different reasons. Studies have not been done to see if flurazepam can increase the chance of miscarriage.

Does taking flurazepam 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 flurazepam, might increase the chance of birth defects in a pregnancy.

Studies have not been done in humans to see if flurazepam can increase the chance of birth defects. Animal studies did not find a higher chance of birth defects with exposure to flurazepam.

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

Studies have not been done to see if flurazepam can increase the chance of 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).

I need to take flurazepam throughout my entire pregnancy. Will it cause symptoms in my baby after birth?

The use of flurazepam during pregnancy can cause temporary symptoms in newborns soon after birth. These symptoms are sometimes referred to as withdrawal. If flurazepam is used at the end of pregnancy, the baby can be monitored for “floppy infant syndrome” (poor muscle tone) and trouble feeding. Not all babies exposed to flurazepam will have symptoms. It is important that your healthcare providers know you are taking flurazepam so that if symptoms occur your baby can get the care that is best for them.

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

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

Breastfeeding while taking flurazepam:

Flurazepam has not been studied for use while breastfeeding. There is a report of drowsiness (being very sleepy) in an

infant who was exposed to flurazepam and 3 other medications through breastmilk. It is not known if the flurazepam, another medication, the combination of medications, or other factors caused the baby to be too sleepy.

The product label for flurazepam recommends people who are breastfeeding not use this medication. However, the benefit of using flurazepam might outweigh possible risks. If you take flurazepam while breastfeeding and suspect the baby has any symptoms (such as drowsiness, poor feeding, or poor weight gain), contact the child's healthcare provider. Be sure to talk to your healthcare provider about all your breastfeeding questions.

If a man takes flurazepam, could it affect fertility or increase the chance of birth defects?

Studies have not been done to see if flurazepam could affect men's fertility (ability to get a partner pregnant) or increase the chance of birth defects. 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 for references.

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

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