Insulin Aspart (NovoLog®)

This sheet is about exposure to insulin aspart 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 providers.

What is insulin aspart?

Insulin aspart is a medication that has been used to control blood sugar in type 1, type 2, and gestational diabetes. It is an artificial form of insulin that works by replacing insulin that would usually be made by the body. Some brand names are NovoLog®, Fiasp®, and ReliOn®.

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.

Women who are using insulin to manage their diabetes during pregnancy might need to adjust the amount of medication they take as the pregnancy goes on. Having diabetes that is uncontrolled or not well-controlled in pregnancy can increase the chance of miscarriage, birth defects, pregnancy complications, and stillbirth. MotherToBaby has a fact sheet on type 1 and type 2 diabetes here: https://mothertobaby.org/fact-sheets/type-1-and-type-2-diabetes/ and gestational diabetes here: https://mothertobaby.org/fact-sheets/diabetes-pregnancy/.

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

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

Does taking insulin aspart increase the chance of miscarriage?

Miscarriage is common and can occur in any pregnancy for many different reasons. Taking insulin aspart before or during pregnancy is not expected to increase the chance of miscarriage.

Does taking insulin aspart 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 insulin aspart, might increase the chance of birth defects in a pregnancy. Insulin aspart is not expected to increase the chance of birth defects.

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

No increased 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) have been reported with the use of insulin aspart.

Poorly controlled sugar levels can increase the chance of health and pregnancy complications. It is important that your condition is well-treated before, during, and after pregnancy.

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

It is not known if insulin aspart can increase the chance for behavior or learning issues for the child.

Breastfeeding while taking insulin aspart:

Insulin aspart is expected to get into breastmilk. Insulin aspart has not been well studied for use with breastfeeding, but using it while breastfeeding is not expected to increase risks for the breastfed infant. Insulin is a normal part of breastmilk and exposure to normal levels of the hormone may help lower the chance of type 1 diabetes in breastfed infants. Be sure to talk to your healthcare provider about all your breastfeeding questions.

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

Studies have not been done to see if insulin aspart could affect male fertility (ability to make healthy sperm) or increase the chance of birth defects. In general, exposures that men 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.

Disclaimer: MotherToBaby Fact Sheets are meant for general information purposes and should not replace the advice of your health care provider. MotherToBaby is a service of the non-profit Organization of Teratology Information Specialists (OTIS). Copyright by OTIS, March 1, 2026.