# Lisinopril

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

## *What is lisinopril?*

Lisinopril is part of a class of medications called angiotensin-converting enzyme (ACE) inhibitors. ACE inhibitors help relax blood vessels and lower blood pressure. Lisinopril has been used to treat high blood pressure, protect the kidneys in people with diabetes, and lower the chance of death during a heart attack. Some brand names for lisinopril are Prinivil®, Qbrelis®, and Zestril®. Lisinopril is also available in combination with a medication called hydrochlorothiazide (Zestoretic®).

ACE inhibitors should be avoided during the second and third trimesters of pregnancy. However, it is important to talk with your healthcare providers before making any changes to how you take this medication. Your healthcare providers can talk with you about the benefits of treating your condition and the risks of untreated illness during pregnancy.

## *I am taking lisinopril, but I would like to stop taking it before getting pregnant. How long does the drug stay in my body?*

The time it takes the body to metabolize (to process) medication is not the same for everyone. In healthy, non-pregnant adults, it takes up to 72 hours, on average, for most of the lisinopril to be gone from the body.

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

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

## *Does taking lisinopril 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 lisinopril increases the chance for miscarriage.

## *Does taking lisinopril 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 lisinopril, might increase the chance of birth defects in a pregnancy. It is not known if lisinopril increases the chance for birth defects when taken during the first trimester.

## *Does taking lisinopril in pregnancy increase the chance of other pregnancy-related problems?*

Talk with your healthcare provider right away if you are pregnant and taking any ACE inhibitor, including lisinopril.

When used after the first trimester, ACE inhibitors such as lisinopril can cause low levels of amniotic fluid (fluid that surrounds the fetus during pregnancy). Low levels of amniotic fluid can lead to health problems for the developing fetus. Some of these problems include poor lung development, poor growth, poor development of the skull bones, birth defects, and problems with the development of the kidneys. In the most severe cases, fetal death could occur. ACE inhibitors can also cause low blood pressure and kidney failure in the newborn baby. There are some cases of babies who have died from these complications.

## *Does taking lisinopril in pregnancy affect future behavior or learning for the child?*

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

## *What screenings or tests are available to see if my pregnancy has birth defects or other*

### *issues?*

Prenatal ultrasounds can be used to screen for some birth defects, such as skull bone and kidney defects. Ultrasound can also be used to track the growth of the pregnancy and the level of amniotic fluid (fluid that surrounds the fetus during pregnancy). Talk with your healthcare provider about any prenatal screenings or testing that are available to you. There are no tests available during pregnancy that can tell how much effect there could be on future behavior or learning.

### *Breastfeeding while taking lisinopril:*

Lisinopril can get into breastmilk in small amounts. Lisinopril has not been well studied for use while breastfeeding. Reports on 5 infants exposed to lisinopril through breastmilk did not report any serious side effects. Be sure to talk to your healthcare provider about all your breastfeeding questions.

### *If a man takes lisinopril, could it affect his fertility or increase the chance of birth defects?*

Studies have not been done to see if lisinopril could affect male fertility (ability to make healthy sperm) or increase the chance of birth defects above the background risk. 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.



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