Metoprolol

This sheet is about exposure to metoprolol 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 metoprolol?

Metoprolol is a medication that has been used to treat high blood pressure, fast heart rate, and migraines. It is part of a class of medications known as beta-blockers. Some brand names for metoprolol are Lopressor®, Toprol®, Apo-Metoprolol®, Betaloc®, Novo-Metoprolol®, and Minimax®.

Sometimes when women find out they are pregnant, they think about changing how they take their medication, or stopping their medication all together. However, it is important to talk with your healthcare providers before making any changes to how you take your medication. Having high blood pressure can increase the chance for preterm delivery and low birth weight. In addition, high blood pressure in pregnancy can increase the chance of developing pre-eclampsia (high blood pressure and problems with organs, such as the kidneys) that can lead to seizures (called eclampsia). Your healthcare providers can talk with you about the benefits of treating your condition and the risks of untreated illness during pregnancy.

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

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

Does taking metoprolol 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 metoprolol can increase the chance of miscarriage.

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

It is not known if metoprolol increases the chance of birth defects. Animal studies have not reported an increased chance of birth defects. A large study in humans found that beta-blockers in general did not increase the chance of heart defects.

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

Metoprolol has been associated with intrauterine growth restriction (less growth of the fetus than expected). It is hard to know if a medication, the medical condition being treated, or other factors (such as age, health, other exposures) could be the cause of the growth restriction.

Metoprolol use in late pregnancy might cause the baby to have symptoms such as slowed heart rate and low blood sugar. Talk with your healthcare providers about your use of metoprolol so that if symptoms occur your baby can get the care that is best for them.

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

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

Breastfeeding while taking metoprolol:

Metoprolol passes into breast milk in small amounts. Studies on the use of metoprolol during breastfeeding have not reported side effects in breastfed infants. If you suspect the baby has any symptoms (such as slow heart rate, being too sleepy, having trouble with feeding, or pale skin), contact the child's healthcare provider. Be sure to talk to your healthcare provider about all your breastfeeding questions.

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

It is not known if metoprolol could affect male fertility (ability to make healthy sperm) 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 on Paternal Exposures and Pregnancy 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, January 1, 2026.