Metoprolol

This sheet talks about using metoprolol in a pregnancy and while breastfeeding. This information should not take the place of medical care and advice from your healthcare provider.

**What is metoprolol?**

Metoprolol is a drug known as a beta-blocker. Some brand names for this drug are Lopressor®, Toprol®, Apo-Metoprolol®, Betaloc®, Novo-Metoprolol® and Minimax®. Metoprolol is used to treat high blood pressure, fast heart rate, and migraines. MotherToBaby has a general fact sheet on beta-blockers which can be found at: https://mothertobaby.org/fact-sheets/beta-blockers/pdf/.

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

Studies have not been done to see if metoprolol could make it harder for a woman to get pregnant.

**I just found out I am pregnant. Should I stop taking metoprolol?**

You should not stop taking this medication without first talking with your healthcare provider. For some people, stopping this medication abruptly could affect the heart.

**Does taking metoprolol increase the chance for miscarriage?**

Miscarriage can occur in any pregnancy. Studies on pregnant women have not been done to see if there is any increase in miscarriage while taking metoprolol in early pregnancy.

**Does taking metoprolol in the first trimester increase the chance of having a baby with a birth defect?**

In every pregnancy, a woman starts out with a 3-5% chance of having a baby with a birth defect. This is called her background risk. There is not enough information available to know if first trimester use of metoprolol can cause birth defects. Metoprolol did not cause birth defects when given to animals early in pregnancy. A study of a large number of pregnancies found that beta-blockers did not cause heart defects in babies.

**Does taking metoprolol cause other pregnancy complications?**

Metoprolol has been associated with reduced growth of the baby. However, it is not clear if this happens because of the metoprolol, the health condition that the metoprolol is used for, or both.

**Could taking metoprolol near delivery cause problems for the baby?**

Metoprolol use in late pregnancy may cause the baby to have symptoms of the drug acting on its heart, blood vessels, and metabolism. Symptoms in the baby can include slowed heart rate and low blood sugar.

**Can I breastfeed while taking metoprolol?**

Yes. Metoprolol can be taken during breastfeeding. It has been found only in small amounts in breastmilk. If you are worried about any symptoms the baby has, contact the child’s healthcare provider. Be sure to talk to your health care provider about all of your breastfeeding questions.

**If a man take metoprolol, could it affect his fertility (ability to get partner pregnant) or increase the chance of birth defects?**

In general, exposures that fathers have are unlikely to increase risks to a pregnancy. For more information, please see the MotherToBaby fact sheet on Paternal Exposures and Pregnancy (https://mothertobaby.org/fact-sheets/paternal-exposures-pregnancy/pdf/.)

Please click here for references.