Temazepam (Restoril®)

This sheet is about exposure to temazepam 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 temazepam?

Temazepam is a medication that has been used to treat insomnia (having a hard time falling asleep or staying asleep). Temazepam is in a class of medications called benzodiazepines. It is sold under the brand name Restoril®.

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.

If you plan to stop this medication, your healthcare provider might suggest that you slowly lower the dose instead of stopping all at once. Stopping this medication suddenly can cause some people to have withdrawal symptoms. It is not known what effects, if any, withdrawal could have on a pregnancy.

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

It is not known if using temazepam could make it harder to get pregnant.

Does taking temazepam increase the chance of miscarriage?

Miscarriage is common and can occur in any pregnancy for many different reasons. One study suggested that temazepam might increase the chance of miscarriage. As there can be many causes of miscarriage, it is hard to know if a medication, the medical condition being treated, or other factors are the cause of a miscarriage.

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

A study of 379 children exposed to temazepam in the first trimester of pregnancy did not find a higher chance of birth defects.

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

Studies have not been done to see if temazepam 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 temazepam throughout my entire pregnancy. Will it cause symptoms in my baby after birth?

The use of benzodiazepines during pregnancy near the time of delivery could cause temporary symptoms in newborns soon after birth. These symptoms are sometimes referred to as withdrawal. Symptoms can include irritability, crying, sleep disturbances, tremors, jitteriness, trouble breathing, or muscle weakness. Not all babies exposed to benzodiazepines will have these symptoms. It is not known if the use of temazepam in pregnancy can cause these symptoms in a newborn. It is important that your healthcare providers know you are taking temazepam so that if symptoms occur your baby can get the care that is best for them.

Can I take my benzodiazepine with diphenhydramine?

A single human report and animal data have suggested that the combination of temazepam and diphenhydramine (Benadryl®) might increase the chance for stillbirth or for infant death shortly after birth. People taking temazepam

should talk with their healthcare provider before taking diphenhydramine during their pregnancy. MotherToBaby has a fact sheet on diphenhydramine here: https://mothertobaby.org/fact-sheets/diphenhydramine-pregnancy/.

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

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

Breastfeeding while taking temazepam:

Temazepam has not been well studied for use while breastfeeding. Only small amounts of temazepam get into breast milk. No side effects were reported in approximately 10 infants who were exposed to temazepam through breast milk. Children exposed to temazepam through breastfeeding should be watched for excessive drowsiness (being too sleepy). If you suspect the baby has any symptoms (such as being very sleepy, poor weight gain, low muscle tone [floppiness], or slowed breathing), contact the child's healthcare provider. Be sure to talk to your healthcare provider about all your breastfeeding questions.

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

Studies have not been done to see if temazepam 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.

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