Triazolam (Halcion®)

This sheet is about exposure to triazolam in pregnancy and while breastfeeding. This information should not take the place of medical care and advice from your healthcare provider.

**What is triazolam?**

Triazolam (Halcion®) is a medication that has been used to treat insomnia (having a hard time falling asleep or staying asleep). Triazolam is in a class of medications called benzodiazepines.

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 this medication. Your healthcare providers can talk with you about the benefits of treating your condition and the risks of an untreated condition during pregnancy.

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

Studies have not been done to see if using triazolam could make it harder to get pregnant.

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

 Miscarriage can occur in any pregnancy. Studies have not been done to see if triazolam could increase the chance of miscarriage.

**Does taking triazolam increase the chance of having a baby with a birth defect?**

Every pregnancy starts out with a 3-5% chance of having a birth defect. This is called the background risk. Triazolam has not been well studied for use in pregnancy. Experimental animal studies did not find a higher chance for birth defects with exposure to triazolam. One report on 97 people who used triazolam in pregnancy did not show an increased chance of birth defects.

**Does taking triazolam in pregnancy increase the chance of other pregnancy related problems?**

If a person who is pregnant is taking a benzodiazepine near the time of delivery, then a newborn might have withdrawal symptoms, such as poor muscle tone and trouble feeding. Babies exposed to triazolam in pregnancy can be monitored for withdrawal symptoms, which are treatable.

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

Studies have not been done to see if triazolam can cause behavior or learning issues for the child.

**Breastfeeding while taking triazolam:**

Triazolam has not been well studied for use while breastfeeding. One report on an infant who was exposed to triazolam through breastmilk did not find any health concerns. Children exposed to this medication through breastfeeding should be watched for excessive drowsiness (being too sleepy). If you suspect the baby has excessive drowsiness or any other issues, contact the child’s healthcare provider. Be sure to talk to your healthcare provider about all of your breastfeeding questions.

**If a male takes triazolam, could it affect fertility (ability to get partner pregnant) or increase the chance of birth defects?**

Triazolam has not been well-studied for use in males who are trying to conceive a pregnancy. There is one case report of absence of sperm in a male taking triazolam and other medications; sperm counts returned to normal several months after stopping triazolam. A single case report cannot predict how this medication would affect sperm production in all males. 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.