Ep. 84: GLP-1 Medications & Pregnancy: What We Know So Far

What do GLP-1 medications like Ozempic®, Wegovy®, and Mounjaro® mean for pregnancy, fertility, and breastfeeding? In this episode of The MotherToBaby Podcast, host and genetic counselor Chris Stallman welcomes Dr. Christina Han—Professor of Obstetrics and Gynecology and division director of Maternal-Fetal Medicine at UCLA, co-director of the Diabetes in Pregnancy Program, and Board Member of the Society for Maternal-Fetal Medicine.

Dr. Han breaks down current knowledge about GLP-1 receptor agonists and how they may impact people planning to conceive, those who are pregnant, and those breastfeeding. She also discusses considerations for people using these medications to manage type 2 diabetes or for weight loss.

- How might GLP-1s influence fertility in people with PCOS or obesity?
- What if pregnancy occurs while taking one of these medications?
- What does limited research tell us about GLP-1 use during breastfeeding?
- Why preconception planning and personalized care matter more than ever?

This episode offers expert insights and practical discussion for anyone navigating treatment decisions before, during, or after pregnancy.

- Learn more and explore evidence-based resources at MotherToBaby.org
- Questions? Speak with a specialist at (866) 626-6847 or text (855) 999-3525

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