Ep. 87: Understanding REMS & Medication Safety in Pregnancy: What Patients & Providers Need to Know

Concerned about medication use during pregnancy? You're not alone.
In this episode of The MotherToBaby Podcast, host Chris Stallman, MS, CGC (genetic counselor, mom of four, teratogen information specialist) sits down with Dr. Judy C. Morrow of Harvard Medical School to break down how FDA REMS (Risk Evaluation and Mitigation Strategy) programs help reduce the risk of birth defects and protect pregnant patients.

Together, they discuss:
✔ What REMS programs are and why they exist
✔ How REMS programs support safe medication use
✔ The role of manufacturers, prescribers, and pharmacists
✔ Common medications with REMS programs (including isotretinoin/Accutane)
✔ Pregnancy testing requirements & pharmacy restrictions
✔ Why some drugs don't have REMS (even if risks exist)
✔ What patients should ask if they're prescribed a REMS-covered medication

Dr. Morrow shares how researchers use real-world data to identify medication-related adverse events in pregnancy, how REMS programs try to prevent exposed pregnancies, and why communication between patients, providers, and pharmacists is essential.

If you're pregnant, planning a pregnancy, breastfeeding, or support patients in these settings, this episode offers clear, practical insights to help guide informed decision-making.

 Key topics: pregnancy, REMS, FDA, teratogens, isotretinoin, Accutane, birth defects, pharmacy programs, medication safety, pregnancy data, registries

 Listen now to learn how REMS programs help protect pregnant women and their babies.

Questions? Call 866.626.6847 | Text 855.999.3525 | Email or Chat at MotherToBaby.org.

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