

Medication	Use in pregnancy	Use in breastfeeding	Comments
Sulfasalazine (SSZ) and 5-ASA	Safe	Safe	2mg/day folate required with SSZ.
Steroids- prednisolone and budesonide	Safe	Safe	Increased maternal risks of gestational diabetes, hypertension and pre-eclampsia.
Thiopurines (azathioprine and 6 mercaptopurine)	Safe	Safe	Potential concerns regarding neonatal anaemia not confirmed with recent studies.
Allopurinol	Safety uncertain	Safe	Consider original indication and current disease activity. Alternatives include split dosing to reduce shunting, or reduced dose thiopurine monotherapy if on biologics.
Anti TNF antibodies Infliximab (IFX) Adalimumab (ADA) Golimumab	Safe	Safe	No safety reason to cease early. Continued therapy recommended due to risk of relapse and small risk of failure to recapture response. Women in deep remission may elect to stop at 32 weeks (IFX) or 36 weeks (ADA). No live vaccinations for infant until 12 months of age.
Combination therapy thiopurine/anti TNF	Safe	Safe	Increase in neonatal childhood infections e.g. chickenpox.
Vedolizumab	Limited data but likely to be safe	Limited data but likely to be safe	Use only in patients with no alternatives.
Ustekinumab	Limited data but likely to be safe	Limited data but likely to be safe	Use only in patients with no alternatives.
Metronidazole	Safe in short course	Safe - may cause diarrhoea in infant	Safe in meta-analysis. Use in short course. Alternative Augmentin DF.
Ciprofloxacin	Safe in short course	Safe - may cause diarrhoea in infant	Safe in meta-analysis. Use in short course.
Tacrolimus	Limited data from transplant registries Appears safe	Avoid- baby may have therapeutic levels which may lower seizure threshold	Monitor carefully for hypertension.
Cyclosporine	Limited data from transplant registries Appears safe	Avoid- baby may have therapeutic levels which may lower seizure threshold	Monitor carefully for hypertension.
Methotrexate	Teratogen Do not use	Unsafe - excreted in breast milk and accumulates in neonate	Cease 6 months prior to pregnancy ideally, but minimum of one ovulatory cycle.

**Table 1: IBD Medication Safety during Pregnancy and Lactation**