

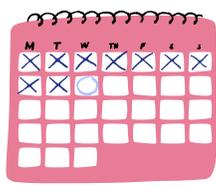
Managing ADHD During Pregnancy

Attention-Deficit/ Hyperactivity Disorder (**ADHD**) can affect **focus, memory, energy,** and **emotions.** With support, many people with ADHD can have healthy pregnancies.

Why ADHD Support Is Important in Pregnancy?



Stay organized & plan for baby's arrival



Remember appointments & medications/ vitamins



Manage stress & sleep

When symptoms are supported, pregnancy often feels more manageable.

When Should You Talk To a Healthcare Provider?

If you are pregnant or planning a pregnancy AND:

- Have ADHD
- Think you might have ADHD, or
- Take ADHD medication



Book an appointment with your provider to talk about ADHD options in pregnancy.

Do not stop medication without medical advice.

Have You Noticed More Struggles ?

Some people first recognize ADHD during pregnancy.



You may:

- Forget appointments or tasks
- Feel overwhelmed
- Struggle with focus (too little or too much)
- Feel restless
- Act quickly without thinking (impulsiveness)

Talk to your provider if this sounds familiar.

How Can You Support Yourself During Pregnancy

Small actions can make a big difference.



Use planners, checklists, phone reminders



Protect your sleep



Practice mindfulness activities



Lean on trusted friends or family



Connect with a therapist or healthcare provider



Schedule regular check-ins

Common medication options include:



Psychostimulants like methylphenidate (e.g. Concerta®, Ritalin®) and amphetamine (e.g. Adderall®)



Non-psychostimulants like atomoxetine (e.g. Strattera®) and bupropion (e.g. Bupropion®)



Some people continue medication; others adjust or pause treatment. Your provider can help you weigh the benefits and possible risks to find the safest and most effective treatment for you.