What do I tell patients who are considering becoming pregnant?

Ask patients of childbearing age to inform you if they plan to become pregnant. Discuss treatment goals and options in advance of pregnancy.

- Consider consultation with a genetic counselor to help patients understand their child’s risk of glaucoma.
- Work closely with patients’ obstetricians to evaluate their individual circumstances and the risks of treatment to both the mother and the fetus.
- In some cases, laser trabeculoplasty or surgery before pregnancy may help decrease medication burden during pregnancy and breastfeeding.
- If surgery is indicated during pregnancy, the second trimester is the safest.
- Ensure that patients know how to perform punctal/nasolacrimal occlusion.

What do I tell patients in their first two trimesters?

Brimonidine may be safest, as it is the only category B glaucoma medication (animal studies failed to demonstrate risk to the fetus, and there are no high quality human studies). Most other drops may also be safe.

- Use caution with prostaglandin analogues and avoid oral carbonic anhydrase inhibitors, if possible.
- There is limited information about more recently approved medications (i.e., netarsudil and latanoprostene bunod).

What do I tell patients in their third trimester?

While brimonidine is safe earlier in pregnancy, avoid it near the time of delivery due to risk of neonatal central nervous system depression.

- Use caution with beta blockers near the time of delivery due to risk of neonatal effects. Consider the lowest dose possible, such as decreasing from timolol 0.5% to 0.25% in the morning.

What do I tell patients about vaginal birth versus Caesarean section?

Either should be safe for the mother. There is no contraindication to vaginal birth.

What do I tell patients about breastfeeding?

Brimonidine is contraindicated while breastfeeding due to risk of neonatal central nervous system depression. Most other drops are likely safe.

- Time glaucoma drop administration right after breastfeeding or pumping, not before.
- Oral acetazolamide is safe.
Where can I find more detailed information?

The American Glaucoma Society and the Canadian Glaucoma Society published a joint special commentary in *Ophthalmology Glaucoma*: