

Tourette Canada Fact Sheets:

Pregnancy



TS & Pregnancy

TS should not affect your pregnancy, although taking certain medications while pregnant may. A few drugs can negatively affect foetus growth and development; you should consult your doctor if you are pregnant and taking prescription medication. In some studies, women report a change in their TS symptoms when they are pregnant. While some women find that their symptoms worsen, others say that their symptoms improve. Tics are unlikely to cause problems during labour and delivery. In one US case, a woman with TS had general anaesthesia during her caesarean section to ensure that her tics did not interfere with the procedure.

Treating Your TS While Pregnant

Pregnant women should avoid drinking alcohol and/or smoking as doing so could negatively affect the health of the baby. Dietary supplements or herbal products should also be avoided because they may not be pure and/or safe. Check with a physician to be sure. There are a few reports of adverse effects from prescription drugs while breastfeeding, however, it is best to talk to your physician about this.



Will You Pass on Your TS?

The long-term changes the neurodevelopment of an infant who has breast milk from a mom taking medication for TS+ symptoms are still being studied and are not fully understood. Research indicates that the inheritance of TS is complex and is not solely based on genetics. Studies of twins show that TS is not the most “inheritable” form of tic disorder. Instead, Chronic Tic Disorder (only vocal or only motor tics) is more inheritable than TS. This suggests that TS and CT are manifestations of the same underlying genetic factors. Studies indicate that a person with TS has a 5-15% of having a child, parent or sibling with TS. If you have a parent, child or sibling with TS, you have an increased likelihood of developing TS compared to those without a parent, child or sibling with TS. In addition to genetic factors, other factors contribute to the passing of TS from parent to child. These other factors are likely what dictate when symptoms start, symptom severity and the development of associated conditions. Factors like stressful life events, pregnant mother’s use of tobacco, alcohol, drugs, and caffeine interact with genetics to affect whether or not someone will have TS and TS severity. Low birth weight, maternal smoking during pregnancy, complications during pregnancy (such as vomiting or high blood pressure) are found to be associated with an increased likelihood of having TS and having severe TS in some studies.

Disclaimer: The above information is written in a modified form for accessibility purposes and is for information only. It should not be used for the purpose of self-diagnosis. If you believe that either you or a loved one has the above symptoms, consult a trained health care provider who is experienced in diagnosing and treating Tourette Syndrome.