

Prevalence and type of paternal medication used in the preconception period in Belgium

Michael Ceulemans^{1,2}, Laure Sillis^{1,2}, Lore Van Hemelrijk¹, Leen Antonio^{1,3}

¹KU Leuven, Belgium; ²Research Foundation Flanders (FWO), Belgium; ³University Hospitals Leuven, Belgium.

Background and Objectives

Despite the growing interest in paternal medication safety during the periconceptional period on fertility and pregnancy and infant outcomes, little is known about its usage patterns. This study aimed to **examine the prevalence and types of medications used by fathers in Belgium in the three months preceding conception.**

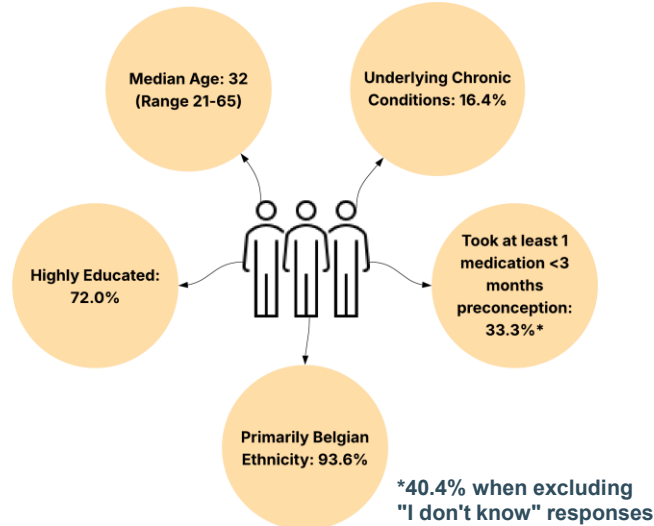
Methods



- Observational and descriptive study using data collected in the BELpREG pregnancy registry in Belgium between September 2022 and October 2024.
- In the first BELpREG questionnaire, pregnant women completed questions on paternal medication use in 3 months preceding conception, sociodemographics and medical history.

Paternal Characteristics

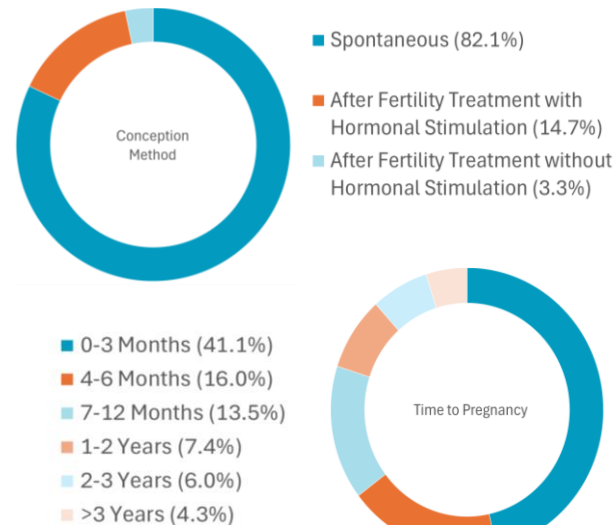
1,527 pregnant women completed the questions regarding the biological father of the unborn infant



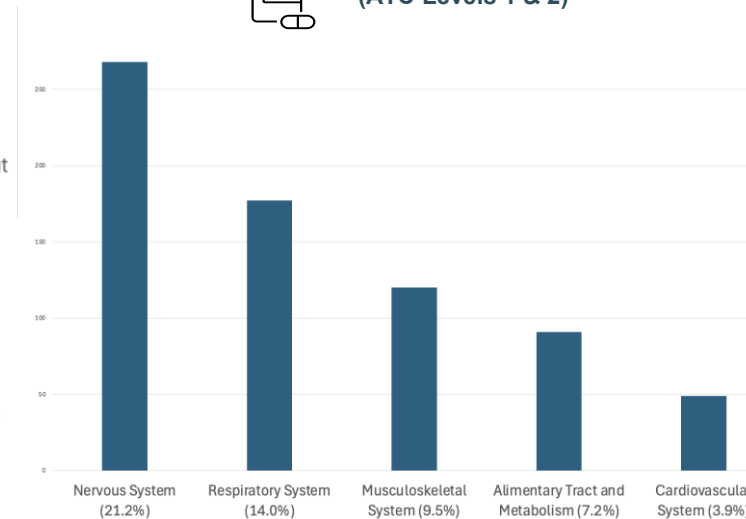
Results



Path to Pregnancy



Medication Categories (ATC Levels 1 & 2)



Top 5 used products:

- Analgesics (16.8%)
- Anti-inflammatory and Antirheumatic Products (9.2%)
- Antihistamines for systemic use (7.0%)
- Nasal Preparations (6.1%)
- Drugs for Acid Related Disorders (3.5%)

Products used with (speculated) risks to fertility or pregnancy:

- SSRIs (n=23)
- Metformin (n=3)
- Valproate (n=2)
- Methotrexate (n=1)
- Sulfasalazine (n=1)

Conclusions: Real-world data from the BELpREG registry show the **common nature** of periconception **paternal medication use**, highlighting the importance of research on paternal medication safety.

Contact Information

Michael Ceulemans, PharmD, PhD, michael.ceulemans@kuleuven.be
Campus Gasthuisberg, Herestraat 49 box 521, 3000 Leuven

Acknowledgements

MC & LS are funded by the Research Foundation Flanders (1246425N & 1S35823N). BELpREG received grants from KU Leuven, P&G Health, UCB, Tilman, Almirall, Ceres Pharma, Sanofi, J&J and Effik. This poster was created with the help of Emily Jacobs.

More info? www.belpreg.be/en

Contact us for research collaborations: michael.ceulemans@kuleuven.be