

Drugs and Pregnancy: What Families Should Know

Every family wants a healthy baby.
Avoiding drugs during pregnancy
can help keep mom and baby
healthy and safe.



Did You Know?

Inappropriate drugs (sometimes referred to as “street drugs”) are never safe during pregnancy. These include:



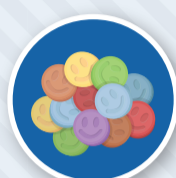
Marijuana



Heroin



Cocaine



Ecstasy



Methamphetamine

These drugs can cause problems for your developing baby, including:

- Early/premature birth
- Miscarriage
- Stillbirth
- Low birth weight
- Poor fetal growth and low birth weight

Babies whose moms have used drugs often have challenges, such as:

- A higher risk of Sudden Infant Death Syndrome (SIDS)
- Growth that is slower than normal
- Learning problems
- Behavior problems

Substance Misuse: The inappropriate use of alcohol or drugs, whether the substances are legal or illegal. This includes: 1) using a prescription medication without a prescription for it; 2) using a medication prescribed for someone else; or 3) using a prescribed medication in greater amounts, more often, or longer than prescribed.

Prescription drugs including opioids, used incorrectly during pregnancy can also harm mom and baby. Opioids are painkillers sometimes given after surgery or injury.

Opioids include:

- Codeine
- Oxycodone (or oxy)
- Hydrocodone
- Morphine
- Fentanyl



Opioids are highly addictive.
They can hurt mom’s health when
used incorrectly.

Taking opioids during pregnancy can also cause serious problems for baby:

- Poor fetal growth and low birth weight
- Premature birth
- Stillbirth
- Neonatal Abstinence Syndrome: *baby has withdrawal symptoms, which can include difficulty breathing, feeding challenges, and seizures*
- Learning problems and physical delays as they grow

Quitting opioids suddenly (sometimes called “cold turkey”) can cause serious problems for baby.

There are medications available that are safe for mothers who want help for their opioid addiction during pregnancy.

What You Can Do

Tell **ALL** health professionals you are pregnant.

As your doctor, “Is this medication safe to take while I’m pregnant?”

Take medications **exactly** as your doctor tells you to.

Only take prescription medications with **your** name on them.

If you are taking an opioid, talk to your health professional right away, **before stopping the drug.**



Do you have questions or concerns?



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