

**CIGARETTES CRACK**  
**COCAINE** WEED QUELL POT **ALCOHOL BENZOS**  
 SPEED FENTANYL ICE  
**OXYS** LORTAB  
**HEROIN** **METH** CAFFEINE  
 XANAX BOOZE  
**MARIJUANA**  
 OXYS E-CIGARETTES CRANK

Alcohol, tobacco and drugs can harm your baby and cause serious problems. Using these substances while pregnant may cause your baby to:

- Be born too small or too early
- Be stillborn or die in infancy
- Go through withdrawal after birth
- Have breathing problems
- Have birth defects
- Have learning, behavioral or other health problems throughout life



This pamphlet is made possible through a generous grant from the Claude Worthington Benedum Foundation and the WV Department of Health and Human Resources, Bureau for Behavioral Health and Health Facilities and Bureau for Public Health, Office of Maternal, Child and Family Health.

WORKING TOGETHER  
 FOR HEALTHIER  
 MOTHERS AND BABIES.

Information provided by:



With the support of:



A healthier future is  
**IN YOUR HANDS**  
 and within your reach

*With your courage and the support and compassionate care of your health care providers, a better future is possible.*

**Drugs and Pregnancy**



## PRENATAL CARE

If you are pregnant, it is important that you see a doctor or midwife as soon as possible, and keep all of your prenatal appointments. Talk openly with your doctor or midwife about any drugs or medications you are taking or have taken in the past. Any changes in your medications or drug habits can affect you and your baby's health.

Weaning from certain drugs (whether prescribed or off the street) may be dangerous. Do NOT attempt to rapidly wean yourself at any time, including just prior to delivery. This can cause serious health problems for you and your baby.

If you are in a treatment program and receiving medication assisted treatment (MAT), such as methadone or Subutex/Suboxone (buprenorphine), be sure to tell your doctor.

You should sign a release of information so your doctor can access your treatment records. It is important that information about your health and pregnancy be shared with those caring for you and your baby.

It is important you stay in treatment and continue to take your medication as prescribed.

## SUPPORT AND ASSISTANCE FOR YOU AND YOUR FAMILY

It is recommended that you participate in a home visitation program for support, for help linking to needed resources, and for follow up care for your baby. More information about home visitation services can be found at: <https://www.homevisitwv.org/>

### "I AM AFRAID FOR OTHERS TO KNOW I AM USING"

It is understandable that you may be afraid to talk about your drug use, but your doctor needs to know so that you and your baby receive the best care possible. They can help arrange treatment and make sure you have the best care for you and your baby.

***Mothers who seek treatment during pregnancy receive the support they need and are less likely to have custody issues after birth.***



## SUBSTANCE USE IN PREGNANCY

Almost every substance you take when pregnant can pass into your baby. This means that the baby shares the caffeine, alcohol, drugs, nicotine, medications and other substances you take while you are pregnant. Your baby may go through withdrawal once he or she is born. This is called Neonatal Abstinence Syndrome (NAS) or neonatal withdrawal.



## GET THE SUPPORT YOU NEED

*If you or someone you know needs help with substance abuse, call:*

**1-844-HELP4WV**

