

Drug Use and Your New Baby

What you can do to decrease risks for you, your baby and a future pregnancy



Things to do **EVERY DAY** for healthy women and babies:

Exercise – 30 minutes a day, 5 days a week

Vitamin – 400 micrograms (mcg) of Folic Acid per day

Educate yourself about medicines and chemicals that can cause birth defects

Reproductive life planning – set your personal goals for birth control and future children

Yearly doctor visits to discuss physical and mental wellness

Diet – Vegetables, fruits, and whole grains daily

Avoid tobacco, drugs, and alcohol

Your partner, friends, and family should be sources of support

Content from everywomancalifornia.org with permission from the Preconception Health Council of California.



Your health and your baby's health now

- Drugs, such as cocaine/crack, heroin, methamphetamine, and marijuana, can harm your health and decrease your ability to take care of your baby.
- Drugs can be passed on to your baby through your breastmilk. If you want to continue breastfeeding, stop using drugs unless they are prescribed by your health care provider.
- It is important for you and your baby to take care of yourself: attend your support groups, stay away from people you used drugs with before, and if you are on methadone or buprenorphine, keep taking it.

If you relapse

- Get help from a health care provider you trust, a treatment program, or a self-help group.
- If you are breastfeeding, call your provider to talk about whether it is safe to continue breastfeeding. Drugs can be passed to your baby through your breastmilk and this can harm your baby. Many drugs stay in your breast tissue for a long time after you stop feeling the effects of the drug.

Drug use and future pregnancies

- Take care of yourself and stop any and all drug use. By stopping using drugs before you get pregnant again, you can increase your chances of having a healthy baby.
- To avoid an unplanned pregnancy, use effective birth control every time you have sex.
- If you get pregnant and have used drugs, it is not too late to start taking steps to have a healthy baby and be healthy yourself.
- If you do get pregnant, start prenatal care as soon as possible.
- Ask for help from a trusted health care provider, a treatment program, or a self-help group to cut down or stop your drug use.

Remember your ABCs:

folic



cid



reastfeeding



ontraception

For more information, go to:

American College of Obstetricians and Gynecologists:
acog.org/publications/faq/faq170.cfm

Every Woman California: everywomancalifornia.org

March of Dimes: marchofdimes.com/pregnancy/alcohol_illicitdrug.html

National Council on Alcoholism and Drug Dependence: ncadd.org

Substance Abuse Treatment Facility Locator: (800) 622-HELP (4357) or samhsa.gov

