



OPIOID USE DISORDER AND PREGNANCY

- Are you using more opioids than prescribed?
- Do you feel a strong urge to use opioids?
- Does your opioid use cause work, school, or family problems?
- Do you need more opioids to get the same effect?

If you answered YES to any of these questions, you may have an opioid addiction, also called opioid use disorder.

Opioid use disorder during pregnancy can harm you and your fetus.
If you are pregnant and addicted to opioids, you need medical treatment.

How Treatment Works

The recommended treatment for opioid addiction involves the following:

Taking medication that reduces your cravings (methadone or buprenorphine)



Getting behavioral therapy and counseling



Why Treatment Matters

In the right doses, methadone or buprenorphine can

- prevent withdrawal symptoms, cravings, and unhealthy use of opioids
- help prevent overdose
- make it more likely that your fetus will grow normally
- help prevent an early birth

Counseling and good prenatal care can

- help you avoid and cope with situations that might lead to relapse
- help you have a healthier baby
- help you regain control of your health and life

Treatment and Your Newborn

Babies born to women taking methadone or buprenorphine can have short-term withdrawal symptoms. Swaddling, breastfeeding, skin-to-skin contact, and sometimes medications can help make babies feel better.

Did You Know?

- If you are prescribed an opioid during pregnancy, you should discuss the risks and benefits with your obstetrician-gynecologist (ob-gyn) or other health care professional.
- When taken under a doctor's care, prescription opioids can be safe for both you and your fetus.
- It is important to take the medication only as prescribed.

REMEMBER, if you are addicted to opioids, ask your ob-gyn or other health care professional about safe treatments.

The American College of Obstetricians and Gynecologists believes that pregnant women who have an opioid use disorder should receive medical care and counseling services, not punishment. Many states have created treatment programs for pregnant women. Seeking help is the first step in recovering from addiction and making a better life for you and your family.



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Marijuana AND Pregnancy

If you use marijuana during pregnancy, you may be putting your health and your fetus's health at risk.

Possible Effects on Your Fetus



Disruption of brain development before birth



Smaller size at birth
Higher risk of stillbirth



Higher chance of being born too early, especially when a woman uses both marijuana and cigarettes during pregnancy



Harm from secondhand marijuana smoke
Behavioral problems in childhood and trouble paying attention in school

Possible Effects on You



Permanent lung injury from smoking marijuana



Dizziness, putting you at risk of falls



Impaired judgment, putting you at risk of injury



Lower levels of oxygen in the body, which can lead to breathing problems

DID YOU KNOW?

- ▶ Medical marijuana is not safer than recreational marijuana. Recreational and medical marijuana may be legal in some states, but both are illegal under federal law.
- ▶ There's no evidence that marijuana helps morning sickness (ask your obstetrician-gynecologist [ob-gyn] about safer treatments).
- ▶ You also should avoid marijuana before pregnancy and while breastfeeding.

Marijuana and pregnancy don't mix. If you're pregnant or thinking about getting pregnant, don't use marijuana.



If you need help quitting marijuana, talk with your ob-gyn or other health care professional.

Research is limited on the harms of marijuana use for a pregnant woman and her fetus. Because all of the possible harms are not fully known, the American College of Obstetricians and Gynecologists (ACOG) recommends that women who are pregnant, planning to get pregnant, or breastfeeding not use marijuana. ACOG believes women who have a marijuana use problem should receive medical care and counseling services to help them quit.



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