

Opioid Use Disorder & PREGNANCY

DO YOU FIND YOURSELF...

- Using more opioids than prescribed?
- Facing problems at work or at home because of opioid use?
- Feeling a strong urge to use opioids?
- Needing more opioids to get the same effect?

If you answered "yes" to any of these questions, you may be suffering from an addiction called **opioid use disorder**. During pregnancy, opioid use disorder can harm you and your baby. If you are pregnant and experiencing an opioid addiction, medical treatment is necessary.

STANDARD TREATMENT

TREATMENT AND NEWBORNS

Babies born to mothers taking methadone or buprenorphine may experience some short-term withdrawal symptoms. Swaddling, breastfeeding, skin-to-skin contact, and - in some cases - medications can help babies feel better.



OPIOID ADDICTIONS ARE MOST COMMONLY TREATED WITH A COMBINATION OF THE FOLLOWING:

MEDICATIONS THAT SAFELY REDUCE CRAVINGS, SUCH AS METHADONE OR BUPRENORPHINE

In proper doses, methadone or buprenorphine can

- prevent withdrawal symptoms and cravings
- help prevent overdose
- encourage healthy and normal fetal development
- help prevent pre-term labor/delivery



BEHAVIORAL THERAPY AND COUNSELING

Counseling and recommended prenatal care can

- help you with both avoiding and coping with situations that can potentially result in relapse
- ensure your pregnancy and your child are as healthy as possible
- help you regain control of your life and health journey

There is NO shame in seeking help.

If you are suffering from an addiction, asking for help is the first step in overcoming it. Fighting for a better future for yourself and your family is a sign of **strength**. Your OB/GYN can help you treat opioid use disorder safely and effectively; there is no judgement here.

NOTE:

Always discuss any and all medications you are prescribed with your OB/GYN. In some cases, opioids during pregnancy can be safe, but they must be used only as prescribed.

Your provider can help you weigh the risks and benefits of prescribed medications to help you make the right choice for you.



Carson Medical Group

Information adapted from



ACOG
The American College of
Obstetricians and Gynecologists



Marijuana & PREGNANCY

USING MARIJUANA DURING PREGNANCY CAN BE HARMFUL TO YOUR HEALTH AND TO YOUR UNBORN BABY'S HEALTH.

POSSIBLE EFFECTS ON YOUR BABY



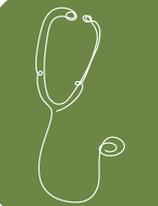
Disruption of brain development before birth



Smaller size at birth, higher risk of stillbirth



Higher chance of premature birth, especially when combined with cigarettes



Harm from secondhand marijuana smoke
Behavioral problems and difficulty paying attention

POSSIBLE EFFECTS ON YOU

Permanent lung injury from inhaling smoke



Dizziness, putting you at risk of falls



Impaired judgement, putting you at risk of injury



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



CONTRARY TO RUMORS...

- MEDICAL MARIJUANA IS NOT SAFER FOR PREGNANCY THAN RECREATIONAL MARIJUANA.
- THERE IS NO EVIDENCE THAT MARIJUANA HELPS MORNING SICKNESS; IF YOU NEED TREATMENT OPTIONS FOR MORNING SICKNESS, CONSULT YOUR OB/GYN.
- YOU SHOULD ALSO AVOID MARIJUANA WHEN YOU ARE BREASTFEEDING OR TRYING TO CONCEIVE.

Research on marijuana during pregnancy is limited, and the extent of potential harms is not fully realized. No amount or potency is confirmed to be safe, and therefore it should be avoided entirely. Reach out to your OB/GYN if you need help quitting marijuana use.

Information adapted from  **ACOG**
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