

# OPIOID USE DURING PREGNANCY EFFECTS ON YOU AND YOUR BABY

## WHAT ARE OPIOIDS ?

- *Substances that are medically used for pain relief.*
- *Common prescription opioids include codeine, oxycodone, hydrocodone, and morphine.*
- *Fentanyl is a prescription synthetic opioid pain reliver. It can also be made illegally.*
- *Heroin is an illegal opioid.*

## POSSIBLE EFFECTS ON THE BABY

- *Poor growth in utero.*
- *Born preterm (before 37 weeks of pregnancy).*
- *Still birth.*
- *Birth defects.*
- *Longer hospital stays after birth.*
- *Re-hospitalized within 30 days of being born.*

*Opioid use during pregnancy can cause Neonatal Abstinence Syndrome (NAS), or Neonatal Opioid Withdrawal Syndrome (NOWS). This occurs when newborns withdraw from certain substances they were exposed to before birth. Symptoms include: Tremors, irritability, sleep problems, hyperactive reflexes, seizures, poor feedings and sucking, vomiting, loose stools and dehydration, and increased sweating.*

## POSSIBLE EFFECTS ON YOU

- *Chance of death due to overdose.*
- *Preterm labor.*
- *Loss of pregnancy.*

## COUNSELING AND GOOD PRENATAL CARE CAN...

- *Help you avoid and cope with situations that might lead to substance use.*
- *Help you have a healthier baby.*
- *Help you regain control of your health and life.*

*Consult a physician before stopping or changing any prescribed medication. If you are pregnant or planning to become pregnant, the first thing that you should do is talk to a healthcare provider. Creating a treatment plan before pregnancy can help you increase your chances of a healthy pregnancy.*

