

# YOUR PREGNANCY AND SUBSTANCE USE

## *Take Care of Yourself*

Choose a provider that is familiar with Substance Use Disorders; work together to reach your goals.

Reduce the use of tobacco, alcohol, and/or other substances.

Take your prenatal vitamins, eat healthy, and get enough rest and exercise.

## *If You Use Opioids*

Consider seeking out Medications for Addictions Treatment. This can be a positive step toward recovery and reduce the risk of returning to use.

If your baby is exposed to drugs or alcohol while in utero, they can be born with Neonatal Abstinence Syndrome (NAS)/ Neonatal Opioid Withdrawal Syndrome (NOWS).

Babies born with NAS/NOWS may experience irritability, feeding difficulties, high pitched crying, sleep difficulty, and difficulty in calming or settling.





## *Take Care of Your Baby*

Breastfeed if possible. This will promote a comforting, bonding experience, as well as reduce stress and enhance stable attachment.

Skin to skin time with your baby can reduce NAS/NOWS symptoms.

Swaddle your baby snugly. This will create a feeling of being back in the womb.

Promote a quiet and dim environment for the baby.

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## *Remember*

Do not be afraid to ask for help! Reach out to your provider or other support systems when needed.

Your baby's NAS/NOWS symptoms may continue for longer than a week and possibly up to six months, but over time they **will** gradually decrease.

You are worthy of a  
healthy pregnancy and  
delivery.