

What Are the Side Effects For Babies?

Unfortunately, the long-term impact on the developing brain is not fully known.

Children are at greater risk for:

- Health problems
- Behavioral and emotional problems
- Developmental delays
- Learning disabilities
- Poor school performance
- Sudden Infant Death Syndrome (SIDS)

You Can Increase Your Chances of Having a Healthy Baby

- Notify your obstetrician or midwife and prescribing health care provider that you are pregnant or are thinking about becoming pregnant.
- Get prenatal care.
- If you are being prescribed a new medication or are currently taking medication, inform your health care provider of the type of drug, frequency, and amount you are using so they can provide the appropriate treatment.
- Ask for an alternative form of pain relief.
- Read the labels and talk to your pharmacist before taking medication if you are pregnant or are thinking about becoming pregnant.
- If you are dependent on drugs or alcohol, get help. Your health care provider can determine a controlled treatment plan.
- Do not quit taking or using substances without first notifying your health care provider. This can be harmful to your unborn baby.
- Do not be ashamed to tell your health care provider that you are drug dependent. Taking this first step can increase the likelihood that your child will be born healthy.

Contact the Born Drug Free Hotline between the hours of 4:00pm and 10:00pm, 7 days a week, if you are struggling with addiction and need someone to talk to, confidentially, or are in need of services.

(800) 945-1355
www.borndrugfreefl.com

Resources

Family Health Centers of SWFL - OBGYN
1-800-FHCSWFL

Lee Community Healthcare- OBGYN
(239) 343-7100

Lee County WIC - Family Services
(239) 344-2000

SalusCare - Behavioral Health Treatment
(239) 275-3222

Operation PAR-Medication Assisted
Treatment (888) 727-6398

Lee County Treatment Center - Medication
Assisted Treatment (877) 284-7074

Sunlight Homes - Residential & Transitional
Living (239) 352-0251

Safe Families - Temporary Housing for Child
(239) 470-2733

If you are not pregnant and you do not want to become pregnant, talk to your health care provider about birth control.

This brochure was created by the Lee County Drug Exposed Newborn Task Force

Medication Use

AND

Pregnancy



Are you thinking about becoming pregnant?

Now is the time to prepare for a healthy pregnancy!

Exposing unborn babies to alcohol, illegal or prescription drugs such as opioids, can pose great risk to the developing fetus.

If you are using any prescription medications, whether they are prescribed to you or not, contact a health care provider for instructions and/or treatment before becoming pregnant.



If You Are Pregnant and Using Medications:

Be honest with your health care provider about all of the medications you are taking, your alcohol consumption, and any illicit drug use. This information can help the health care team give you and your baby the best care and treatment.

How Can Drugs Harm My Baby?

Like adults, babies can experience withdrawal symptoms after being exposed to certain types of drugs. Opioid pain relievers are one of the most common prescription medications known to elicit this response. The baby has become dependent on the drug, but is no longer receiving it after birth.



You should speak to your health care provider if you are pregnant or thinking about becoming pregnant and you are:

- Using medication as prescribed. For instance, when you are receiving treatment for pain (e.g. after surgery, chronic pain, tooth ache) or addiction.
- Using a prescription medication incorrectly (e.g. using too much, taking medication too often, or taking someone else's prescription).
- Using illegal substances or consuming alcohol.

What Are the Signs and Symptoms of Babies with Drug Dependency?

Withdrawal signs and symptoms can start hours or days after birth. Your baby may develop a condition known as Neonatal Abstinence Syndrome (NAS).

Examples of common symptoms include:

- Pain and discomfort
- Fever or unstable temperature
- Excessive crying; high pitched cry
- Irritability
- Diarrhea
- Breathing problems
- Sweating and dehydration
- Vomiting
- Tremors, seizures, and overactive reflexes

All babies will be observed for a period of up to five days after birth if the mother has been using opioids or illicit substances. If admitted for treatment for NAS, your baby will have a Neonatal Intensive Care Unit (NICU) stay for an average period of two weeks to two months.

A case management consultant and the Department of Children and Families (DCF) will be contacted once your baby is delivered to ensure that proper support and resources are in place for your newborn.

