
YOU CAN INCREASE YOUR CHANCES OF HAVING A HEALTHY 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.

Notify your obstetrician or midwife and prescribing health care provider that you are pregnant or are thinking about becoming pregnant.

HAVE REGULAR CHECKUPS

If you are 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.

RESOURCES

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

Lee Community Health - OBGYN
(239) 343-7100

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

Lee Health Recovery Medicine - Medication
Assisted Treatment
(239) 343-9190

SalusCare - Medication Assisted Treatment
(239) 275-3222

Operation PAR - Medication Assisted Treatment
1 (888) 727-6398

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

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

Better Together - Temporary Housing for Children
(239) 470-2733

Healthy Start Connect Program
Pregnancy education and support
(239) 425-6930

If you are pregnant, contact Golisano Children's
Hospital for a tour of the NICU
(239) 343-5118

Golisano Children's Hospital holds a NAS
Support Group monthly.
Call for more information.
(239) 343-5184

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

Medication Use & 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.

WHAT SHOULD YOU KNOW 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.

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)

HOW CAN DRUGS HARM MY BABY?

Like adults, babies can also 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.

WITHDRAWAL CAN OCCUR WHEN A PREGNANT WOMAN IS:

Using medication even as prescribed. For instance, when she is 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 excessive alcohol consumption.

WHAT ARE THE SIGNS AND SYMPTOMS OF WITHDRAWAL?

Neonatal Abstinence Syndrome (NAS) is a group of conditions caused when a baby withdraws from certain drugs he/she's exposed to in the womb before birth.

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 seven 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 to three weeks. As parents, you will always be the most important caregiver for your baby. This is especially true during the neonatal period, when your loving presence is an important part of your baby's treatment and care. You should be assured that the NICU will strongly support your ongoing involvement in helping your baby after birth.

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.