

## Drugs To Avoid

Always check with your health care provider about which medications are safe to take during pregnancy. Here are some of the drugs that may contribute to NAS:

- Heroin
- Oxycodone (Oxycontin®, Percocet®)
- Hydrocodone (Norco®)
- Morphine
- Codeine
- Methadone
- Buprenorphine (Suboxone®, Subutex®)
- Marijuana
- Alcohol
- Methamphetamine
- Anxiety medications (benzodiazepines)
- Cocaine
- Anti-Depressants
- PCP



*Delivering moms & babies from  
the impact of addiction*

If you are ready to reach out and get help for you and your baby, please call 406.871.7078 or email us at [WrappedInHope2@gmail.com](mailto:WrappedInHope2@gmail.com).

*Providers and community members looking  
to support moms and babies welcome.*



**The Truth About  
Drugs and Pregnancy**

## Who is at Risk

When you take drugs during pregnancy, even if they are prescribed by a doctor, your baby could be at risk for Neonatal Abstinence Syndrome (NAS). Your baby may become dependent in the womb and then when he or she is born, may experience withdrawal symptoms. 70% to 95% of babies exposed to opioids during pregnancy experience withdrawal.





## Risks to You and Your Baby

- Miscarriage
- Stillbirth
- Birth defects of the brain, spine, or heart
- Premature or early birth
- Poor growth
- Sudden Infant Death Syndrome (SIDS)
- Developmental delay and behavioral problems (later in childhood)



## Signs and Symptoms

	See	Hear	Experience/ Feel/Do
Baby is irritable or difficult to comfort	•	•	•
Does not feed well, spits up, vomits, has diarrhea			•
Jaundice (yellow skin)	•		
Has a hard time sleeping		•	•
Sucks very strongly or with no coordination	•		•
Jittery	•		•
Seizures	•		•
Frequent Hiccups	•	•	•
Mild fever/sweating	•		•
Yawning	•		
Stuffy nose/Sneezing	•	•	
Increased Breathing Rate	•	•	

## Marijuana Use During Pregnancy

Studies have shown that daily or weekly use of marijuana makes pregnancy more high-risk and increases risk for pre-term labor. Babies of mothers using marijuana are twice as likely to need the Neonatal Intensive Care Unit (NICU). Some of the effects marijuana use during pregnancy can have on the baby:

- Language, thinking, judgment and behavior difficulty
- Memory changes
- Altered heart rate
- Reduced intake of oxygen
- Increased trembling
- Negative impact on the structure of eyes and vision
- Negative impact on brain development and neurotransmitters
- High-pitched cry

In addition, exposure to breast milk in the first month of life can result in decreased motor development.

## What You Can Do To Protect Your Baby

The best way to prevent NAS is to stop using drugs before you get pregnant. It's important that you talk to your health care provider or your Wrapped in Hope clinician about how to safely stop using drugs and take care of the health of you and your baby.

Do not just stop using drugs. Stopping them cold turkey can cause severe problems for you and your baby. Getting help to quit is your safest and best option.

## Get Help

Wrapped in Hope offers supportive services for each mom in need. We have developed a quality, consistent standard of care to improve both short- and long-term health outcomes for addicted mothers and their babies. All of our partners take the needs of the whole family into account and are dedicated to our mission of helping moms have and keep healthy babies.