

SUBSTANCE USE

Alcohol

When a pregnant woman drinks alcohol, so does her baby.

No amount of alcohol is known to be safe when pregnant or while trying to get pregnant. All types of alcohol are equally harmful. This includes all wines and beer. Drinking alcohol when pregnant can cause miscarriage, stillbirth, and lifelong disabilities.

What if I drank before I knew I was pregnant?

- Make sure you get regular prenatal checkups.
- Tell your healthcare provider and ask for advice.

Remember, it is never too late to stop drinking.

Your baby's brain is growing the whole time you are pregnant. The sooner you stop drinking, the safer it will be for you and your baby. If you cannot stop drinking on your own, talk to your healthcare provider. Help is available.

Drugs and Supplements

What you need to know:

- Talk with your doctor or midwife before taking any medicine while pregnant. This includes:
 - Street drugs
 - Prescriptions
 - Over-the-counter drugs
 - Supplements and herbal products
- Read drug labels for risks for pregnant/breastfeeding women.
- Don't take more than the prescribed dose of any medicine.
- Don't take any medicine that is not prescribed to you.
- Babies born to moms who use drugs during pregnancy can have serious problems including premature birth, low birthweight, heart defects and birth defects.

The best way to keep your baby safe from drugs and alcohol is to avoid them! If you feel you have a problem, please ask your doctor or midwife for help.

Healthy Start can help you make healthy choices and find resources for you and your family. Talk to your Healthy Start Home Visitor today.



Sources:

<https://www.cdc.gov/alcohol-pregnancy/about/index.html>

<https://www.marchofdimes.org/find-support/topics/pregnancy/what-to-know-about-supplements-herbs-and-medicines-pregnancy>



EveryBabyDeservesAHealthyStart.org

Administrative Office: 1785 NW 80th Blvd., Gainesville, FL 32606
An Affiliate Partner of WellFlorida Council | WellFlorida.org

Healthy Start of North Central Florida

Counties: Alachua, Bradford, Columbia, Dixie, Gilchrist, Hamilton, Lafayette, Levy, Marion, Putnam, Suwannee, Union

Central Healthy Start

Counties: Citrus, Hernando, Lake, Sumter

Sponsored by State of Florida, Department of Health, HEALTHY START MOMCARE NETWORK, INC., and State of Florida, Agency for Health Care Administration.

Connect: 877-678-WELL

The Connect number is a one-stop entry point to services for pregnant women, caregivers, and families with young children.

Participating programs:

Healthy Start, Parents as Teachers, Nurse-Family Partnership, TEAM Dad, and NewboRN Home Visiting.

CONSUMO DE SUSTANCIAS

Alcohol

Cuando una embarazada toma alcohol, también su bebé lo hace.

No hay una cantidad Segura de alcohol que se pueda consumir durante el embarazo o cuando se intenta quedar embarazada. Todos los tipos de alcohol son igualmente dañinos. Esto incluye todos los vinos y cerveza. El consumo de alcohol durante el embarazo puede causar aborto espontáneo, muerte fetal, y discapacidades para el resto de la vida.

Qué pasa si tomé antes de saber que estaba embarazada?

- Asegúrese de tener sus chequeos prenatales regularmente.
- Dígale a su proveedor de cuidado de salud y pídale consejo.

Recuerde, nunca es muy tarde para parar de tomar.

El crecimiento del cerebro ocurre durante todo el embarazo. Entre más rápido deje de tomar usted y su bebé estarán más seguros. Si usted to puede dejar de tomar sola, hable con su doctor. Hay ayuda disponible.

Drogas y Suplementos

Lo que usted necesita saber:

- Hable siempre con su doctor o partera antes de tomar cualquier medicamento durante el embarazo. Esto incluye:
 - Drogas callejeras
 - Prescripciones
 - Medicamentos de venta libre
 - Suplementos y productos herbales
- Lea las etiquetas de las drogas para buscar los riesgos en mujeres embarazadas y amamantando.
- No tome una dosis mayor a la recetada por su doctor.
- No tome ningún medicamento que no haya sido recetado específicamente para usted.
- Los bebés nacidos de madres que han usado drogas durante el embarazo pueden tener problemas serios incluyendo nacimiento prematuro, bajo peso al nacer, defectos de nacimiento y de corazón.

La mejor manera de mantener a su bebé seguro de las drogas es evitarlas! Si usted siente que tiene un problema, por favor contacte a su doctor o partera para pedir ayuda.

Healthy Start puede ayudarle a escoger opciones de estilo de vida saludables y a acceder a diferentes servicios para usted y su familia. Hable con su trabajadora de Healthy Start hoy.



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