

Drug Use and Medicines During Pregnancy

Street drugs such as marijuana, crack, cocaine, heroin, ecstasy, meth can make your baby sick or even cause death.



Baby could :

- Be born too small, too early, or stillborn
- Have brain damage, birth defect, deformities, and trouble breathing.
- Be born addicted to drugs
- Have learning, behavioral, or other health problems throughout life.

What about prescription drugs, and over-the-counter medicines such as pain and headache medicine, cough syrup and allergy pills?

⇒ Misuse of prescription drugs, taking medicines you used before you got pregnant may not be safe to take now. Even those sold at a drugstore or grocery store can harm your unborn baby.

What to do now:

- Stop now before it is too late. The sooner you quit, the better.
- Only take prescription drugs that your doctor has approved. Always ask your doctor before taking over-the-counter medicines and dietary supplements.
- When baby comes, stay drug-free. Remember drugs pass into your breastmilk.

References: USDA. Food & Nutrition Service. FNS-489 7/15
wicworks.fns.usda.gov, CDC.gov/alcohol

WIC Can Offer Support

*Quitting is hard. Others know what it's like.
You're not alone!*

Talk to WIC staff or your doctor for referrals to help you quit.



For help quitting smoking:

- Tobacco Free Guam
Quitline: 1-800-784-8669
- National Cancer Institute
Quitline: 1-877-44U-QUIT (1-877-448-7848), available Mon - Fri, 9:00 a.m. to 9:00 p.m. ET.
- Guam Behavioral Health & Wellness Center: (671) 647-5440

Online resources:

- www.quitnow.net/guam, free and open 24/7 (strictly confidential)
- <https://smokefree.gov>

For help quitting alcohol and drugs:

- Guam Behavioral Health & Wellness Center
Drug & Alcohol Prevention Center:
(671) 475-5438 Mon-Fri, 8 am- 5 pm
- 1-800-622-2255

For more information call WIC clinics :
Tiyan: (671) 475-0295/96
Dededo: (671) 635-7471/72
Sta. Rita: (671) 565-3537 (Mon-Wed-Fri)
Inarajan: (671) 828-7550 (Tuesday)
Email: guamwic@dphss.guam.gov

- <https://www.facebook.com/GuamWICProgram>
- <https://www.instagram.com/guamwicprogram/>



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Protect Your Baby



Understanding the Risks of Smoking, Alcohol, and Drugs during Pregnancy

Smoking During Pregnancy

Smoking while you are pregnant is harmful for you and your baby. Even being around cigarette smoke can cause health problems.



How is smoking harmful during pregnancy?

Smoking during pregnancy exposes your baby to dangerous chemicals like nicotine and carbon monoxide. Carbon monoxide lowers the baby's supply of oxygen and nicotine increases the baby's heart rate; both are stressful to the baby.

When you smoke, you are more likely to have:

- Loss of pregnancy
- Abnormal bleeding during pregnancy and after delivery which puts you and your baby in danger.
- Complications with the placenta
- Pre-term labor
- Premature birth

Babies born to women who smoke during pregnancy are more likely to be born:

- Too early (premature birth). Premature babies often have health problems.
- With birth defects
- At a low birth weight
- With an increased risk of Sudden Infant Death Syndrome (SIDS)
- With an increased risk of asthma and other respiratory infections.



Secondhand smoke increases your baby's risk of asthma, ear infections, allergies, pneumonia, and SIDS (Sudden Infant Death Syndrome).

Keep yourself and your baby away from smoke, and don't let anyone else smoke around you and your baby.

What about e-cigarettes?

E-cigarettes contain nicotine and are not safe during pregnancy. Also, some of the flavorings used in e-cigarettes may be harmful to a developing baby.

Quit smoking...show that you love your baby!

Quit Tips

1. Write down your reasons for quitting and look at your list when you have an urge to smoke.
2. Set a quit date. On this day throw away cigarettes, cigars, lighters, ashtrays, etc.
3. Reward yourself. Buy something special with money you would spend on cigarettes. You deserve it!
4. Drink lots of water.
5. Keep a calendar. Put a star by each day you don't smoke.
6. Have fun walking.
7. Avoid situations that may trigger your urge to smoke.
8. Ask family and friends to help you not to smoke again.

You Can Do It... You are doing a great job!

Drinking Alcohol During Pregnancy



Beer, wine, wine coolers, and mixed drinks are all harmful to your baby. There is no known safe amount of alcohol use during pregnancy or while trying to get pregnant.

Drinking alcohol during pregnancy increases your risk of miscarriage and stillbirth (death of baby before and during delivery).

To baby, it can cause lifelong disability called Fetal Alcohol Spectrum Disorder (FADS). The disorder includes:

- Birth defects such as a deformed face
- Problems seeing or hearing
- Trouble learning
- Mental and behavioral issues

Other risks to baby:

- Sleep and sucking problems
- Problems with the heart, kidney, and bones
- Shorter than average height

What to do now:

- ◊ Do not drink while you are pregnant.
- ◊ If quitting is hard, ask for help. Contact your local healthcare provider.

Remember, your baby depends on you. FADS is preventable. Give your baby a better chance to be born healthy!

References: USDA. Food & Nutrition Service. FNS-489 7/15
wicworks.fns.usda.gov, Iowa WIC Fact Sheet, CDC.gov/smoking