

Your Pregnancy and Substance Use

4 ways to get and stay healthier



Get Prenatal Care

Start early. Go to all your visits. Empower yourself with information so you can make the best possible decisions.

Build relationships with providers who understand Substance Use Disorders (SUD) and know how to help. Partner with them to reach your goals.

You do not need to stop using substances to get care. Go now.



Reduce Your Use

Simple ways to limit possible harm:

- Use fewer substances
- Use smaller amounts
- Use less often
- Learn safer ways to use

Smoke less or quit smoking. This is a good place to start. Set goals, then ask for help.

One of the best things you can do is stop using alcohol. Even small amounts are risky. When alcohol is taken with benzos and opioids, it can kill.

If you are dependent on opioids, use Medication-Assisted Treatment (MAT)



The best treatment during pregnancy is methadone and buprenorphine (which goes by several other names). Taking them can:

- Reduce or eliminate the risks of illicit substance use
- Reduce your risk for relapse
- Be a positive step towards recovery



Take Good Care of Yourself

You deserve a healthy pregnancy and childbirth.

Talk to your health care provider for more information.



Academy of Perinatal Harm Reduction www.perinatalharmreduction.org



National Perinatal Association www.nationalperinatal.org

New York State



Perinatal Quality Collaborative www.nyspqc.org