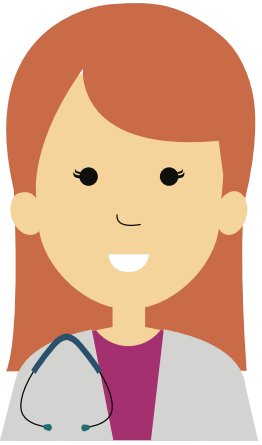


# Your Pregnancy and Substance Use

4 Things you can do to improve your health and lower your risk for complications

## Get Prenatal Care



Start early. Go to all your visits. Empower yourself with information so you can make smart decisions. Build relationships with providers who understand Substance Use Disorders (SUDs) and know how to help. Partner with them to reach your goals. But remember, you do not need to be abstinent from substance use to get care. Go now.

## Reduce Your Use

There are simple things you can do to limit the harm substances might do.

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

Reducing or quitting smoking is a good place to start. Set your goals, then ask for help.

One of the best things you can do is to stop using alcohol. We know that even small amounts are risky. And when combined with benzos and opioids, alcohol can kill.

## Use Opioid Agonist Therapy (OAT) if you are opioid dependent

Methadone and Buprenorphine (Subutex® or Suboxone®) are the "Standard of Care" during pregnancy because they:

- Eliminate the risks of illicit use
- Reduce your risk for relapse
- Can be a positive step towards recovery

## Take Good Care of Yourself

You deserve a healthy pregnancy & childbirth.

- Eat healthy and take your prenatal vitamins
- Find the right balance of rest and exercise
- Surround yourself with people who care

Your Health Matters

Learn more at  
[www.nationalperinatal.org](http://www.nationalperinatal.org)

