

ALCOHOL AND PREGNANCY **DON'T MIX**

There is **no safe amount** of alcohol to drink when pregnant

Even **small amounts** can affect a fetus.

There is **no safe time** to consume alcohol during pregnancy

A fetus' brain develops **throughout pregnancy**. Even with **similar levels of exposure** effects can vary.

Alcohol concentrates in the amniotic fluid meaning the **fetus is exposed** to a **higher concentration of alcohol** for a longer time than the mother.

Alcohol exposure during pregnancy **can:**

- ✓ Alter the mother's DNA and genes which, when passed onto the developing fetus, may increase the child's risk of health issues later in life.
- ✓ Increase the risk of miscarriage, stillbirth, premature birth and low birth weight.
- ✓ Lead to life-long consequences, including physical health problems, behavioural difficulties and learning disabilities, described as Fetal Alcohol Spectrum Disorder (FASD).
- ✓ Increase the risk for substance use, mental health issues, trouble in school, and trouble with the law for individuals with FASD.

Also:

- Alcohol consumption can **negatively affect fertility**.
- If you are having unprotected sex and you are drinking, take **regular pregnancy tests**.

*If you have any questions about alcohol and pregnancy, or about FASD, please talk to your health care provider.
For more information about substance use during pregnancy, visit PregnancyInfo.ca*

*Production of this document has been made possible through a financial contribution from Public Health Agency of Canada.
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