



# Treatment of Opioid Use IN Pregnancy



Using opioids, either prescription medications or unregulated street drugs, can cause serious harms to your health, including dependence, overdose, and death



## Signs that opioid use is becoming a problem include:

- Using more opioids than prescribed
- Needing more opioids to get the same effect
- A strong urge to use opioids
- Withdrawal symptoms if you cut down or stop using opioids
- Opioid use that causes problems at work, school, or home

Using opioids during pregnancy can harm both you and your baby, but there are safe, effective treatment options available

Quitting or “detoxing” on your own during pregnancy is not recommended, as it may be harmful for you and your baby

## Did you know?

The risk of developing dependence on opioids is higher for women than for men

### Treatment for opioid use in pregnancy

Switching to opioid substitutes (methadone or buprenorphine)

Prenatal care that includes behavioural therapy and counselling

### Benefits of treatment

Prevents withdrawal symptoms, cravings, and overdose

Helps your baby grow normally and prevents an early birth

Helps you take control of your health and the health of your family

## Treatment and your newborn

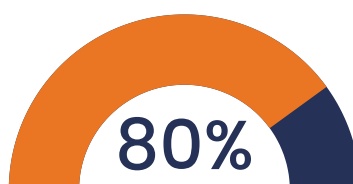
Opioids travel across the placenta to the baby. Babies exposed to opioids during pregnancy may have temporary withdrawal symptoms after birth



Not all babies will experience withdrawal symptoms, and symptoms are treatable

Swaddling, breastfeeding and skin-to-skin contact can help make babies feel better

50% to 80% of babies exposed to opioids during pregnancy will have withdrawal symptoms after birth



Mothers who use opioids and their babies do best with stable support and treatment during pregnancy and after birth

It is important to speak with a health care provider to learn more about your options and to make a treatment plan to help keep you and your baby safe

To learn more about opioids, pregnancy and breastfeeding visit [pregnancyinfo.ca/opioids](http://pregnancyinfo.ca/opioids)

