

# Drugs and Pregnancy: Myth vs. Fact



Pregnancy can be an exciting time!  
Friends, family, neighbors, co-workers—everyone has advice to share.  
Which leaves many moms-to-be with questions.  
Knowing the facts about drugs and pregnancy is one of the best ways to take good care of yourself and give your baby the healthiest start in life.

## Have you heard these common myths?

### MYTH:

Marijuana is OK to use during pregnancy.  
It's legal in some states, so it must be safe.  
And it can help with morning sickness.



### FACT:

**Avoiding marijuana during pregnancy protects your developing baby's health.**

The chemicals in marijuana (including "THC") pass from your body to your baby's body. This can harm baby's health whether you smoke marijuana or eat it, and in any amount.

Smoking marijuana also raises carbon monoxide levels in your blood. This means less oxygen to your baby, which can affect growth.

Some studies have linked marijuana during pregnancy to learning problems in childhood.

### MYTH:

If a doctor prescribed a drug, it must be safe during pregnancy and in any amount.



### FACT:

**Some drugs your doctor prescribed before you were pregnant may not be safe for your baby, now that you are expecting. Or you may need a different dose during pregnancy.**

Be sure to tell **ALL** healthcare professionals that you are pregnant. Share all of your current prescriptions. Ask your doctor, "Is this medication safe to take while I'm pregnant?"

Take any medications exactly as your doctor tells you to.

Don't take any medication with someone else's name on it.

### MYTH:

A pregnant woman can quit opioids (prescription painkillers OR heroin) at any time suddenly, sometimes called "cold turkey."



### FACT:

**Stopping an opioid "cold turkey" can cause serious problems for baby.**

If you are taking an opioid, talk with your health professionals right away, before you stop.

Your doctor has specific ways to help you stop taking an opioid that will also protect your baby.

Medications are available that help with opioid addiction and that are safe for baby.

### MYTH:

It's safe to have a few drinks during pregnancy.



### FACT:

**There is no known safe amount of alcohol during pregnancy.**

When a woman drinks alcohol during pregnancy, it passes quickly from her body to baby's. Any amount can hurt a developing baby.

Alcohol use during pregnancy can cause fetal alcohol spectrum disorders, which include learning problems and harm to baby's head size, height, weight, speech, vision, and hearing.

Do you have questions or concerns?

