

OPIOIDS AND PREGNANCY

Opioids are medicines prescribed to treat moderate to severe pain and are safe when taken as directed by your doctor.



RISK OF USING OPIOIDS

Uncontrolled use of opioids can put your life and your baby at risk by causing:

- Birth defects that could affect the heart, abdomen, eyes, brain, and spinal cord
- Neonatal Abstinence Syndrome (NAS). It occurs when a baby becomes dependent on opioids or other drugs that the mother uses during pregnancy. Withdrawal symptoms appear between 48 and 72 hours after birth and may include:
 - Tremors
 - Diarrhea
 - Fever
 - Irritability
 - Seizures
 - Vomiting
 - Poor feeding
- Problems with the placenta
- Stunted growth and low birth weight
- Premature birth: birth before 37 weeks
- Maternal and/or fetal death

OPIOIDS USE DURING PREGNANCY

If you were taking opioids before pregnancy, do not stop taking them and talk to your doctor. If your doctor recommends using them during pregnancy, follow these recommendations:

- Take them for the shortest of time and in the lowest dose possible
- Take your medicine as prescribed by your doctor
- Talk to your doctor if you have side effects
- Go to all your prenatal care checkups

BREASTFEEDING AND USE OF MEDICINES

- Depending on the opioid you are taking, you may be able to breastfeed. Talk to your doctor before you start breastfeeding.
- If you have HIV or use illegal drugs, avoid breastfeeding.
- If you are taking other medicines, talk to your doctor to see if you can breastfeed.



Smoking, alcohol, or illegal drugs can also harm your baby. Talk to your doctor if you use any of these substances. There are treatments that can help you.

For guidance and assistance, call the
PSM Beneficiary Service
1-866-600-4753 / 1-844-726-3345 TTY (hearing impaired)
This call is free of charge.

www.MenonitaVital.com

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