Pregnancy and Substance Abuse

URL of this page: http://www.nlm.nih.gov/medlineplus/pregnancyandsubstanceabuse.html

When you are pregnant, you are not just "eating for two." You also breathe and drink for two, so it is important to carefully consider what you give to your baby. If you smoke, use alcohol or take illegal drugs, so does your unborn baby.

First, don't smoke. Smoking during pregnancy passes nicotine and cancer-causing drugs to your baby. Smoke also keeps your baby from getting nourishment and raises the risk of stillbirth or premature birth. Don't drink alcohol. There is no known safe amount of alcohol a woman can drink while pregnant. Alcohol can cause life-long physical and behavioral problems in children, including fetal alcohol syndrome. Don't use illegal drugs. Using illegal drugs may cause underweight babies, birth defects or withdrawal symptoms after birth.

If you are pregnant and you smoke, drink alcohol or do drugs, get help. Your health care provider can recommend programs to help you quit. You and your baby will be better off.

Dept. of Health and Human Services Office on Women's Health

Start Here

- Fetal Alcohol Exposure [http://pubs.niaaa.nih.gov/publications/FASDFactsheet/FASD.pdf] NIH (National Institute on Alcohol Abuse and Alcoholism) - PDF
  Also available in Spanish

Overviews

- Tobacco, Alcohol, Drugs, and Pregnancy [http://www.acog.org/~/media/For%20Patients/faq170.ashx] (American College of Obstetricians and Gynecologists) - PDF

Latest News

- Smoking in Pregnancy Tied to Teens' Hearing Loss
- Could 'Moderate' Drinking Be Safe During Pregnancy?
- For Pregnant Smokers, Vitamin C Might Help Babies' Lungs

Specific Conditions

  Also available in Spanish [http://www.mothertobaby.org/files/cocaine_sp.pdf]
- Marijuana and Pregnancy [http://www.mothertobaby.org/files/marijuana.pdf] (Organization of Teratology...
Information Specialists) - PDF
Also available in Spanish [http://www.mothertobaby.org/files/Spanish_Marijuana_2_12.pdf]
• Methamphetamine/Dextromethamphetamine and Pregnancy
[http://www.mothertobaby.org/files/methamphetamine.pdf] (Organization of Teratology Information Specialists) - PDF
Also available in Spanish [http://www.mothertobaby.org/files/methamphetamine_sp.pdf]
• Smoking during Pregnancy [http://www.marchofdimes.com/pregnancy/alcohol_smoking.html] (March of Dimes Birth Defects Foundation)
• Tobacco Use and Pregnancy [http://www.cdc.gov/reproductivehealth/tobaccousepregnancy/] (Centers for Disease Control and Prevention)

Related Issues
• CDC Vital Signs: Binge Drinking a Serious, Under-Recognized Problem Among Women and Girls
[http://www.cdc.gov/vitalsigns/bingedrinkingfemale/] (Centers for Disease Control and Prevention)
Also available in Spanish [http://www.cdc.gov/Spanish/especialesCDC/VitalSigns/AlcoholMujeres/]
• Pregnant? Don’t Smoke! [http://www.cdc.gov/Features/PregnantDon’tSmoke/] (Centers for Disease Control and Prevention)

Health Check Tools
• Smoking Quiz: Do You Need Help to Quit?

Clinical Trials
• ClinicalTrials.gov: Pregnancy and Substance Abuse
[http://clinicaltrials.gov/search/open/condition=pregnancy+AND+(%22drug+abuse%22+OR+alcohol+OR+tobacco+OR+smoking+OR+addiction)] NIH (National Institutes of Health)

Research
• Prenatal Exposure to Drugs of Abuse [http://www.drugabuse.gov/tib/prenatal.html] NIH (National Institute on Drug Abuse)

Journal Articles
References and abstracts from MEDLINE/PubMed (National Library of Medicine)
• Article: Smoking and respiratory conditions in pregnancy: associations with adverse pregnancy...
• Article: Estimates of smoking before and during pregnancy, and smoking cessation...
• Article: Association of OPORM1 and COMT single-nucleotide polymorphisms with hospital length...

Directories
• Substance Abuse Treatment Facility Locator
[http://findtreatment.samhsa.gov/TreatmentLocator/faces/quickSearch.jspx] (Substance Abuse and Mental
Organizations

- Centers for Disease Control and Prevention (http://www.cdc.gov)
  Also available in Spanish (http://www.cdc.gov/spanish/)
- March of Dimes Birth Defects Foundation (http://www.marchofdimes.com)
  Also available in Spanish (http://www.nacersano.org/)
- National Institute on Alcohol Abuse and Alcoholism (http://www.niaaa.nih.gov) NIH
- National Institute on Drug Abuse (http://www.drugabuse.gov) NIH
  Also available in Spanish (http://www.drugabuse.gov/es/inicio)

Statistics

- Characteristics of Pregnant Teen Substance Abuse Treatment Admissions
  (http://www.samhsa.gov/data/2K13/TEDS121/SR121-pregnant-teen-treatment.htm) (Substance Abuse and Mental Health Services Administration)
- Drinking While Pregnant Still a Problem (http://www.cdc.gov/Features/dsAlcoholChildbearingAgeWomen/) (Centers for Disease Control and Prevention)
- PeriStats: Perinatal Statistics (http://www.marchofdimes.com/peristats/) (March of Dimes Birth Defects Foundation)
- Preventing Smoking and Exposure to Secondhand Smoke Before, During, and After Pregnancy
  (http://www.cdc.gov/nccdphp/publications/factsheets/Prevention/pdf/smoking.pdf) (Centers for Disease Control and Prevention) - PDF
- Substance Use Among Women During Pregnancy and Following Childbirth
  (http://www.oas.samhsa.gov/2k9/135/PregWoSubUse.htm) (Substance Abuse and Mental Health Services Administration)
- Substance Use during Pregnancy Varies by Race and Ethnicity
  (http://www.samhsa.gov/data/spotlight/Spot062PregnantRaceEthnicity2012.pdf) (Substance Abuse and Mental Health Services Administration) - PDF

MedlinePlus Magazine

- Alcohol Use Research Findings

Teenagers

- Pregnant Teen Admissions to Substance Abuse Treatment: 1992 and 2007
  (http://www.oas.samhsa.gov/2k10/228/228PregnantAdmits2k10.htm) (Substance Abuse and Mental Health Services Administration)

Men

- Paternal Exposures and Pregnancy (http://www.mothertobaby.org/files/patemal.pdf) (Organization of Teratology Information Specialists) - PDF

Patient Handouts

  Also available in Spanish (http://www.nlm.nih.gov/medlineplus/spanish/ency/article/007454.htm)
  Also available in Spanish (http://www.nlm.nih.gov/medlineplus/spanish/ency/article/007313.htm)

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The primary NIH organization for research on Pregnancy and Substance Abuse is the National Institute on Drug Abuse [http://www.nida.nih.gov/]

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