



OPIOIDS + PREGNANCY

what you need
to know

FOR HELP CALL
national helpline
1-800-662-4357
or visit www.findtreatment.samhsa.gov

Maternal, Child & Adolescent Health
mcah



www.cdph.ca.gov/opioidsandpregnancy



AM I TAKING AN OPIOID?



You've probably heard a lot in the news about opioid addiction. But what exactly is an opioid? Opioids are certain types of medications prescribed by doctors to treat pain.

These are all opioids:

- ▶ Hydrocodone/Acetaminophen (Norco)
- ▶ Oxycodone (Percocet, OxyContin)
- ▶ Morphine (MS Contin, Kadian, Avinza)
- ▶ Codeine/Acetaminophen (Tylenol #3)
- ▶ Fentanyl (Duragesic)
- ▶ Hydromorphone (Dilaudid)
- ▶ Oxymorphone (Opana)
- ▶ Tramadol (Ultram, Ultracet)

Ask your doctor if you are not sure if you are being prescribed an opioid.



Pregnant and taking pain medication?

If you are prescribed an opioid during pregnancy, you should discuss the risks and benefits with your doctor. When taken under a doctor's care, prescription opioids can be safe for both you and your baby. It is important to take medication only as prescribed.

Some risks to baby are:

- ▶ Preterm birth
- ▶ Low birth weight
- ▶ Neonatal Abstinence Syndrome (NAS)

NAS is when a newborn withdraws from certain drugs exposed to in the womb. Some signs of NAS are:

- ▶ Irritability
- ▶ Excessive crying
- ▶ Diarrhea
- ▶ Vomiting
- ▶ Fever



Need help?

If you have a dependence or addiction to any opioids, including illegal opioids like heroin, it's dangerous to stop on your own. Your doctor can help you, whether your medication has been prescribed to you or not. Information is also available at findtreatment.samhsa.gov or call the National Helpline: 1-800-662-4357.

QUESTIONS

To ask my doctor about my pain medication:

1. Is my prescription painkiller an opioid?
2. Is there a safer medication to take? If yes, what is it?
3. What are the side effects?
4. What happens if I'm taking this medication and I'm pregnant or planning on becoming pregnant?
5. Is it safe to breastfeed while on this medication?
6. Can I get addicted to this medication? If so, how will I know?
7. What should I do with my leftover prescription drugs?

