

IF YOU ARE THINKING OF BECOMING PREGNANT

reducing and stopping your drug and alcohol intake will help you and your baby.

INJECTING DRUGS & MEDICINE

If you use needles to put drugs into your blood while pregnant your unborn baby will get stoned and suffer from withdrawals, the same as you.

Ask your Doctor, or Aboriginal Health Worker for help for you and your unborn baby.

Your unborn child will be affected by any medicine you take while pregnant.

Try to avoid taking any medicine during the pregnancy unless you are sick and the Doctor or Health worker has told you to take them.

If you have been injecting drugs regularly it is safer for you and the baby to reduce your use slowly rather than suddenly stopping.

If you are dependant on Heroin you may want to consider going on methadone to improve your's

All ALCOHOL AND DRUGS TAKEN DURING PREGNANCY WILL REACH THE BABY.

Have regular medical checkups throughout your pregnancy.

To ensure your baby's health, tell your doctor about any drugs you are taking, the information will be kept confidential.

Your local Aboriginal Health Service will be able to answer any questions you have about drug and/or alcohol use during pregnancy.

SMOKING

Your unborn baby will get less oxygen if you are smoking while you are pregnant, you risk poisoning your unborn baby, with chemicals from smokes and affecting the baby's healthy growth.

Poisons and chemicals from smoking pass through your body into your baby.

The fewer cigarettes you smoke while you are pregnant, the better for the baby.

Not smoking at all during pregnancy is the safest approach.

ALCOHOL

If you drink alcohol while you are pregnant, so does your unborn baby.

Drinking while pregnant can cause you to have a Miscarriage, Stillbirth, or Premature Birth. Your unborn child could develop Foetal Alcohol Syndrome or Effects (FAS/FAE) and Alcohol Related Brain Damage.

You can NOT cure Alcohol Related Birth defects the baby will suffer the effect for life.

You can prevent all harm to the baby by not drinking alcohol whilst pregnant or while breast feeding. Regular drinking during pregnancy can affect your baby as he/she develops in the womb, during birth and as the baby grows.

There is no known safe level of Alcohol use during pregnancy, any reduction



IT'S NEVER TOO LATE TO CUT DOWN OR QUIT.

CONTACT NUMBERS & SERVICES

Warragabal Drug and Alcohol Council (543) Inc. Tel: (08) 83620359 Fax: (08) 83620327 4040 Willetts Rd, Willetts, Vic 3103. Website: www.adac.org.au Email: info@adac.org.au

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