

Drugs & Pregnancy

This leaflet can be made available
in alternative languages / formats on request.

*如有需要，本传单可提供其他语言/版式
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Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

If you are using drugs, here is some information to help you.

If you are not using contraception and have had sex, then you may become pregnant. This can occur even if you have not had a period for a long time. If you do not want to be pregnant, emergency contraception is available if taken within 3-5 days after unprotected sexual intercourse, and can be obtained from:

- some GP surgeries
- contraception clinics
- sexual health or genitourinary medicine (GUM) clinics
- most pharmacies
- most Walk-in Centres
- the Accident and Emergency Department at Whiston Hospital

Another option is the fitting of a coil which must be performed within 5 days – see your GP or Family Planning Clinic.

If you are pregnant, then your GP, Family Planning Clinic or Merseyside Drugs Clinic can help; whether you wish to continue with the pregnancy or not.

Ante-natal care is **very** important if you decide to continue with the pregnancy; and you are encouraged to inform the doctors and midwives about any drugs you are taking.

Do not forget to attend your ante-natal appointment.

If you have problems attending contact your midwife or the Antenatal Clinic on 0151 430 1016

Remember - these services are here to help you.

Should I stop using drugs now I am pregnant?

Before you stop taking any drugs you should consult your doctor, local drug agency or your midwife.

FRANK is a drug support website which can be found on the internet www.talktofrank.com or you can phone 0300 1236600.

Do not stop using:

- Heroin
- Methadone, Subutex
- Other opiate type drugs
- Benzodiazepines (if taken regularly)

without first seeking advice from your doctor, local drug team or midwife.

The first three months of pregnancy are very important for the development of your baby and the advice generally is **not** to stop taking the above drugs. However, it is very important to stabilise your drug use. Contact one of the agencies listed at the back of this leaflet or your GP for the best advice regarding your drug use and the effect on your pregnancy.

What happens when I go to hospital?

If you have been attending for ante-natal care, then you will have had the opportunity to discuss how your pregnancy is progressing, labour, and the most suitable method of pain relief. If not, then you should consider talking to your midwife or doctor and telling them about your drug use so that they can help and advise you.

Labour can be a worrying time, especially if this is your first baby, so do not be afraid to approach your midwife for help and support.

It is important for the staff to know which drugs you are taking so there is no risk of you or your baby being over-dosed when given pain-relieving drugs in labour

How long will I be in hospital?

The paediatricians (baby doctors) advice is that your baby needs to stay in hospital with you on the post-natal ward for a minimum of 72 hours (3 days). This is to make sure that your baby is not going to be ill through drug withdrawal. Not all babies are 'addicted' to the drugs their mum has been taking, but the midwives and doctors will give you and your baby the care, support and attention you both need.

If you are taking Methadone or Subutex only, you should consider breast-feeding your baby – you can discuss this with your Midwife

Going home with your baby

When you and your baby are ready to go home, your individual needs will be assessed. If you are on Methadone or Subutex then your Midwife will ensure that you have a prescription arranged.

On your transfer home the community midwife is informed and will visit you the day after discharge from hospital. She will check you and your baby are well and give you any further advice you need. This is arranged for every mum going home with their baby. The community midwife will probably be the same one that you have previously seen at your GP surgery.

Contraception

You will have the opportunity to discuss contraception before going home. You can also get help and advice from the Family Planning Clinic, your Health Visitor or your GP.

Your confidentiality will be respected but there may be times when information has to be shared with other professionals, including social services if there are child protection concerns

Useful websites

Pregnancy, Alcohol & Drugs – healthline.com

www.healthline.com/health/pregnancy/alcohol-drugs

The Effect of Drugs – NHS

www.nhs.uk/live-well/healthy-body/the-effects-of-drugs

Honest Information about drugs – FRANK

www.talktofrank.com

Drug addiction: getting help

www.nhs.uk/live-well/healthy-body/drug-addiction-getting-help/

Drugs and Pregnancy Information and Advice – Where to go:

CGL (Change, Grow, Live) St. Helens (Drug Team)

Lincoln House,
80 Corporation Street,
St Helens, Merseyside,
WA10 1UG
Tel: 01744 410752

CGL (Change, Grow, Live) Knowsley (Drug Team)

Unit 12-14 Chapelbrook Park,
Wilson Road
Huyton
L36 6FH
Tel: 0151 482 6291

Substance Misuse Midwives

Whiston Hospital
Antenatal Clinic
Warrington Road,
Prescot,
Merseyside.
L35 5DR

Tel: 0151 426 1600

and ask for the Substance Misuse Midwife.

Mobile number: 07990 592230 (confidential)

Children's Centre Central Link

Tel: 01744 673444

Job Centre Plus

Advice on benefits
Gregson House,
2 Central Street,
Saint Helens, Merseyside
WA10 1UF


Tel: 0800 169 0190

Starting Point

Employment advice and training courses

Tel: 01744 698800

www.sthelenschamber.com/startingpoint



Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

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www.sthk.nhs.uk