

ARE YOU A WOMAN OF CHILDBEARING AGE TAKING (OR CONSIDERING) OPIOID MEDICATIONS?

*Opioid medications include buprenorphine, codeine, fentanyl, methadone, morphine, oxycodone, Percocet(R), tramadol, and Vicodin(R).

Do you have a plan to prevent unwanted pregnancy? Thinking of getting pregnant? Currently pregnant?

Did You Know?

Suddenly stopping opioids without the help of a medical provider can cause opioid withdrawal and increase the risk of problems during pregnancy.

- Using opioids in the early weeks of pregnancy, when many women haven't realized they are pregnant, might affect the developing fetus.
- When mother is using opioids regularly during pregnancy the drug will pass into baby through mom's blood, and baby may have withdrawal symptoms shortly after birth.

What You Can Do:

- Talk about the risks and benefits of opioids with your health care provider.
- Consider a variety of ways to treat your pain, both with and without medications.
- Discuss your goals for preventing pregnancy, or preparing for pregnancy, with your provider.
- If you discover you are pregnant, you should not abruptly stop any opioid medication. Contact your provider.
- Use a reliable birth control method if you do not want to become pregnant.*
- Get prenatal care as early as possible if you become pregnant, or are considering getting pregnant in order to discuss your opioid use and develop the best treatment plan for you and your baby.
- Tell your health care provider if you are using an opioid medication differently than how it was prescribed, taking somebody else's opioids, or using opioids obtained illegally (prescription drugs or heroin)*. This is important for your health, and your provider can provide resources if you are struggling with opioid addiction or experiencing opioid withdrawal symptoms.

*https://www.cdc.gov/reproductivehealth/contraception/unintendedpregnancy/pdf/Contraceptive_methods_508.pdf



Want More Information?

- Schedule an appointment to talk with your health care provider.
- Call the Wisconsin Maternal and Child Health Hotline at 1-800-642-7837 for more resources.
- Visit these helpful websites:
 - CDC Pregnancy and Opioid Medications Fact Sheet: https://www.cdc.gov/drugoverdose/pdf/pregnancy_opioid_pain_factsheet-a.pdf
 - Wisconsin Association of Perinatal Care, Perinatal Substance Use and Abuse Resources: <http://www.perinatalweb.org>
 - North Carolina Pregnancy & Opioid Exposure Project: <http://www.ncpoep.org>



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