



Alcohol Use During Pregnancy: Risk to you and your baby

Alcohol use during pregnancy is a considerable concern due to its capability to harm the developing fetus.

Fetal Alcohol Spectrum Disorders (FASDs) are a range of conditions that can occur in an individual whose mother drank alcohol during pregnancy and can lead to lifelong physical, behavioral, and cognitive issues. The most severe form is Fetal Alcohol Syndrome (FAS), which can cause abnormalities of the face, growth retardation, and nervous system problems.

The risk of alcohol use during pregnancy to the fetus depends on the amount of alcohol used, when during pregnancy it was consumed, and other risk factors like as genetics, overall health, and use of other harmful substances. Even small amounts of alcohol can pose risks particularly between weeks 3 through 8 after fertilization when fetal organ development occurs.

Alcohol Use During Pregnancy



Alcohol Withdrawal in Pregnancy



Alcohol withdrawal begins 6 hrs to 12 hrs after you stop drinking.

- Symptoms can include fast heart rate, high blood pressure, nausea, vomiting, tremor, agitation, hallucinations, and seizures.
- Alcohol withdrawal may trigger adverse outcomes such as premature labor and should occur in an inpatient setting

GETTING STARTED



Treatment of alcohol use in pregnant women involves:

- Woman-centered care
 - You are at the center of your treatment plan
 - You develop your goals
- A focus on harm reduction
 - Small amounts of alcohol can harm baby
 - Large amounts of alcohol can harm baby more
- A non-judgemental approach
 - Addiction is not your fault and you are not alone
 - Together, with support from others you can begin to work toward recovery
- Comprehensive care
 - Prenatal care
 - Counseling



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