

## Commonly asked Questions

### What if I drank Alcohol before I knew I was pregnant?

Sometimes you may have had a drink and didn't realise you were pregnant, try not to worry—it's unlikely to have affected your baby, but it's important you tell your GP and Midwife straight away so they can check everything is ok.

**To protect your baby from alcohol related danger you should not drink any alcohol while you are pregnant.**



## What can you do..

Do not just Stop! Contact one of the services below to discuss a carefully planned reduction

Together — 0800 233 5444

Your own GP

Midwife Team

If you feel there is something seriously wrong with either yourself or the baby go to your nearest A & E or if not possible dial 999

## Alcohol and Pregnancy



## Possible effects on the Mother

- Dependency
- Low Mood
- Miscarriage
- Still Birth
- Sexually transmitted infections (STIs) from lowered inhibitions
- Physical injuries, which may lead to miscarriage / harm to the baby
  - Seizures.
- Poor nutrition



## Impact of Alcohol on unborn / new born baby

Drinking alcohol during pregnancy can cause abnormal foetal development and foetal alcohol syndrome (FAS).

### Symptoms can include:

- A small head
- Facial abnormalities, such as a cleft palate, thin upper lip, or wide-set eyes
- Dental malformations
- Intellectual disability
- Delayed development
- Difficulties with speech, movement, and social skills
- Vision impairment
- Poor coordination
- Heart problems
- Kidney defects and abnormalities
- Deformed limbs or fingers
- Below average height and weight
- Behavioural disorders, such as attention deficit hyperactivity disorder (ADHD)

## Commonly asked Questions

### Can I drink Alcohol and breastfeed?

Simple answer is **NO**

Alcohol easily passes into breast milk. A baby that is repeatedly exposed to alcohol in breast milk can develop problems with mental and motor development. For this reason, there's no level of alcohol in breast milk that's safe for a baby to drink. If you do choose to drink while breast-feeding, please speak with your midwife or health visitor.

### Can I just stop drinking if pregnant?

**YES** if you are not dependently drinking

**NO** if you get withdrawal symptoms when you don't drink

### Stopping drinking when your dependent can be extremely dangerous.

If you are drinking talk with your GP, Together or midwife to develop a alcohol reduction plan.