

## Commonly asked

### Questions

#### **What if I took drugs before I knew I was pregnant?**

If you took Cocaine / Crack without realising you were pregnant try not to worry – it's unlikely to have affected your baby, but its important you tell your GP or Midwife so they can check everything is ok.



## What can you do..

Stop immediately taking Cocaine and crack and seek support from:

Together — 0800 233 5444

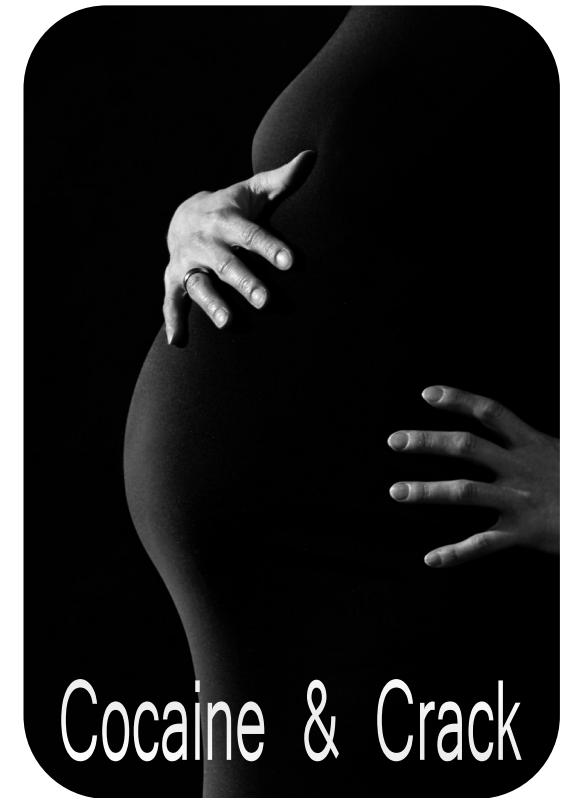
Your own GP

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



## Cocaine and Pregnancy



## Possible effects on the Mother

- Increased heart rate and blood pressure, increases the risk of heart attack, stroke and death.
- Depression Irritability and paranoia (cocaine psychosis)
- Damage to the inside of the nose from snorting
  - Abscesses from poor injecting practices.
- IV use could result in blood born viruses i.e. HIV, Hepatitis B or C
- DVT (Deep Vein Thrombosis)
- Decreased appetite with associated weight loss.
  - Death by overdose.
  - Financial hardship

## COCAINE & CRACK

Cocaine is a powerful stimulant drug that comes in a white powder form. It can be snorted or dissolved in water and injected.

Crack is Cocaine that has been chemically treated to produce crystals or rocks which are smoked or injected.

### Possible effects on the pregnancy

- Increased risk of miscarriage.
- Increased risk of premature birth
- Placental abruption (afterbirth coming away from the womb).
  - Reduced supply of oxygen to the baby through the placenta.
- Smaller babies at birth (low birth weight).
  - Stillbirth
  - Baby may have abnormalities.
- Baby is at a greater risk of cot death.
- Extreme withdrawal at birth, requiring specialist treatment.

## Commonly asked Questions

### Can I use Cocaine and breastfeed?

Simple answer is **NO**

When a mother uses cocaine in any form, the drug can get in the breast milk. Exposure to breastmilk with cocaine is serious and can be dangerous for a baby. Symptoms include difficulty breathing and seizures in the infant.

### Can I just stop using Cocaine / Crack while pregnant?

Simple answer is **YES**

You will may not have any physical withdrawals but may feel some mental withdrawal effects.

If you are using Crack, regularly during pregnancy your baby will go through extreme physical withdrawal symptoms.