

Commonly asked Questions

What if I used Opiates before I knew I was pregnant?

Sometimes you may have used and didn't realise you were pregnant, try not to worry. It's important you tell your GP and Midwife straight away so they can check everything is ok.

To protect your baby from Opiate related danger, you should not use Opiates while you're 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

Specialist midwife

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

Opioids and Pregnancy



Possible effects on the Mother

- Dependency
- Miscarriage
- Still Birth
- IV use could result in blood born viruses i.e. HIV, Hepatitis B or C
- DVT (Deep Vein Thrombosis)
 - Endocarditis
 - Septicaemia
 - Small Babies
- Premature birth
 - Cellulitis
- Poor nutrition



Opioids

Opioids include heroin, methadone, Codeine, and Morphine. They are commonly prescribed for pain in low doses or as part of opiate replacement regime

Possible effects on Foetus / new born baby

The foetus may feel withdrawal symptoms during pregnancy and can be born in a state of dependency, this will require specialised care.

Some babies are born dependant the following effects can be expected:

- High-pitched crying
 - Poor feeding
 - Tremors
 - Irritability
 - Sweating
 - Vomiting
 - Diarrhoea
 - Seizures

Can I use Opioids and breastfeed?

Yes In some circumstances

Heroin can pass into breast milk. A baby that is repeatedly exposed to heroin breast milk can develop problems with mental and motor development. For this reason, there's no level of **heroin** in breast milk that's safe for a baby to drink. If you do choose to use while breast-feeding, make sure to avoid giving your child breast milk until the heroin has been cleared from your body.

Methadone and breastfeeding is possible

The exposure of infants to methadone through their mothers' breast milk is minimal. The benefits of breastfeeding largely outweigh any theoretical minimal risks.

Can I just stop using Opiates while pregnant or Breastfeeding?

Simple answer is **No**

Just stopping can be dangerous and is