

## Commonly asked Questions

### What if I took Stimulants before I knew I was pregnant?

If you took Stimulants without realising you were pregnant, try not to worry – it's unlikely to have affected your baby.

Its important you tell your GP or Midwife so they can check everything is ok.



## What can you do..

Stop immediately taking Stimulants and seek support from:

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



## Stimulants and Pregnancy



## Possible effects of the Mother

Pregnancy puts an extra strain on your body. If you use amphetamine as well, it may lead to complications such as:

- Irregular Heart beat
- Poor nutrition
- Weakened immune system
- Loss of sleep
- Anxiety
- Aggression
- Paranoia
- Psychotic episodes (this is a mental state when you see or hear things which aren't there and have delusions)

All these complications maybe be felt by your unborn baby.

## Stimulants

Amphetamine type stimulant drugs include Amphetamines, Methamphetamines and MDMA (ecstasy) and have street names of speed, ice, crystal meth and uppers. These drugs are illegal; often poorly manufactured and the types and amounts of their ingredients are often unknown.

### • Possible effects on the pregnancy and New Born.

- Cleft lip
- Cardiac problems
- Low birth rate
- Reduction in growth
- Reduced head size
- Liver and bile duct abnormalities
- Premature labour
- Stillbirth
- Cerebral haemorrhage
- Low body weight
- Undescended Testes

## Commonly asked Questions

### Can I use Stimulants and breastfeed?

Simple answer is **NO**

When a mother uses a Stimulant in any form, the drug can get in the breast milk. Exposure to breastmilk with Stimulants is serious and can be dangerous for a baby.

### Can I just stop using stimulants while pregnant?

Simple answer is **Yes (but carefully)**

Stopping Stimulants suddenly will not cause any problems to your baby but may cause you to experience some withdrawal symptoms such as depression, irritability, cravings and poor sleep. Some babies will have to go through withdrawal themselves if they have been exposed over a period of time to stimulants.