

Tobacco & Nicotine

Smoking, vaping, and using any other type of tobacco/nicotine product during pregnancy can lead to:

- Stillbirth/premature delivery
- Brain and/or lung damage
- Colic
- Sudden Infant Death Syndrome (SIDS)-20% of all SIDS cases can be linked to maternal smoking.

It's never a bad time to quit. For more information and for help quitting, scan the QR code or visit: quitlineiowa.org



Mother To Baby

Mothertobaby.org - Resource that provides evidence based information on the safety of medications and other exposures during pregnancy and while breastfeeding.



Informational Videos:



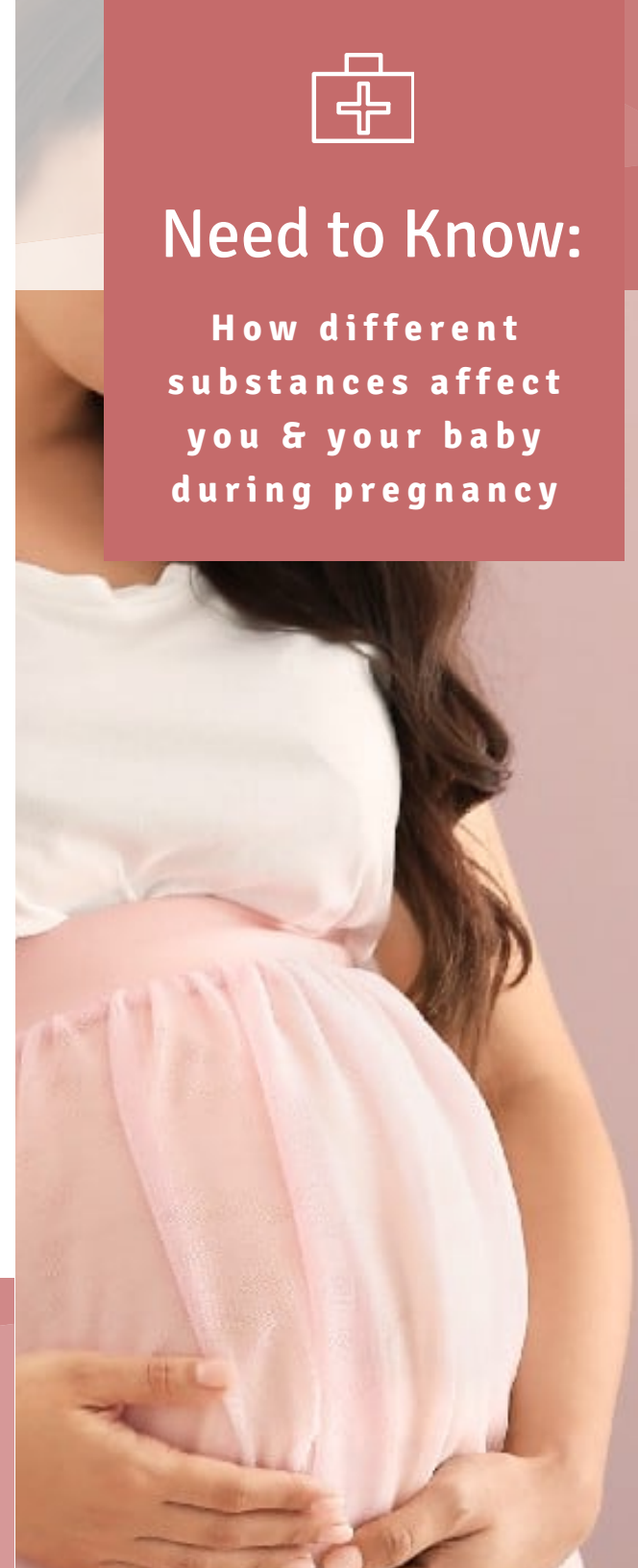
Sources:

<https://www.cdc.gov/>
<https://quitlineiowa.org/en-US/>
<https://yourlifeiowa.org/>
<https://www.fda.gov/>



Need to Know:

How different substances affect you & your baby during pregnancy



Alcohol

There is NO known safe amount of alcohol use during pregnancy or while trying to get pregnant. Alcohol use, especially during the first trimester, can cause serious problems in the baby's brain development. It can also lead to miscarriage, still birth, and physical, behavioral, and intellectual disabilities known as Fetal Alcohol Spectrum Disorders (FASD). Children with FASD may have the following characteristics:

- Abnormal facial and physical features
- Learning disabilities
- Intellectual disabilities or low IQ
- Speech and language delays
- Poor memory and reasoning skills
- Vision, hearing, heart, kidney and/or bone problems

And more!

To find a local Alcoholics Anonymous (AA) group near you scan the QR code or visit: yourlifeiowa.org/alcohol for additional information and resources.



Illicit Drugs

Use of illegal/illicit drugs like cocaine, heroin, meth, etc., during pregnancy can lead to:

- Health risks in the mother including infections and anemia
- Cognitive and behavioral problems in the baby
- Miscarriage, premature birth, or stillbirth
- Growth defects and low birth weight
- Sudden Infant Death Syndrome (SIDS)

Opioid & Prescription Drugs

Opioids are a class of drugs used to manage pain, but can also lead to addiction. Opioid use during pregnancy has been linked with serious negative health outcomes for pregnant women and developing babies, including: preterm birth, stillbirth, maternal mortality, and neonatal abstinence syndrome (NAS). Certain prescription medication can also affect your baby's development and lead to NAS. Consult with your medical provider if you are pregnant or trying to get pregnant and are concerned about opioids/prescription drugs.

Marijuana, CBD, & THC

Marijuana and CBD can cause the following issues to mom and baby:

- THC affects fetal brain development which can result in poor cognitive function and other long-term consequences
- THC can lead to low birth weight and premature birth
- While breastfeeding, it is important to know that breastmilk can contain THC for up to six days after use. THC in breastmilk can also affect your baby's brain development.
- CBD can cause liver toxicity
- CBD that contains THC or is contaminated with other substances are harmful for both mother and baby
- High doses of CBD can possibly also lead to problems with the reproductive system in male fetuses.

To find a local Narcotics Anonymous (NA) group near you scan the QR code or visit: yourlifeiowa.org/drugs for additional information and resources.

