

DRUG USE DURING PREGNANCY



From alcohol to prescription drugs, here's how common substances affect the health of mom and baby during pregnancy.

by [Sprout Health Group](#)

1 ALCOHOL

Your friend might swear a glass of wine is OK, but there is no safe amount of alcohol during pregnancy. Alcohol use can lead to lower birth weight, problems with brain and central nervous system development, and behavioral issues. [Source](#)

2 MARIJUANA

Expectant mothers who use marijuana doubled between 2009 and 2016 as the drug has become legal in more states, but there may be risks. Although more research is needed to determine the specific effects of marijuana, some studies link smoking to a greater risk of stillbirth. [Source](#)

3 COCAINE

Cocaine use during pregnancy can cause migraines and seizures for Mom, and premature membrane rupture for baby. It can also lead to a separation of the placental lining from the uterus prior to delivery, among other issues. [Source](#)

4 BENZODIAZEPINES

These common anxiety drugs, which include Xanax, can lead to reduced muscle tone, breathing problems, and sedation in babies if used during pregnancy. Babies may also suffer from withdrawal. Preterm birth and low birth weight are also more likely to occur. [Source](#)

5 OPIOIDS

Opioids can lead to preterm birth, poor fetal growth, and even stillbirth. There's also a chance of a condition that causes tremors, sleep difficulties, vomiting, dehydration and other issues for babies. This can all occur even with prescription opioids. [Source](#)

6 OTC MEDICINES

Although some over-the-counter medicines are safe to take during pregnancy, it's best to speak with your doctor before taking one - even if the box says it's fine. Some OTC medications can harm a growing fetus or decrease milk production in breastfeeding mothers. [Source](#)

Resources to stay physically and mentally healthy during pregnancy:

[Office of Women's Health: Guide to Pregnancy.](#)

[Postpartum Support International](#)

[Department of Health & Human Services: Depression During & After Pregnancy.](#)

[Substance Abuse & Mental Health Services \(SAMHSA\).](#)

