

PREGNANT AND BREASTFEEDING: WOMEN AND METH



Consuming methamphetamine (crystal meth, ice, speed, etc.) can affect the health of your baby and is not recommended for women who are pregnant or breastfeeding, or who plan to become pregnant soon. Here are some important facts you should know.

METH CAN HARM YOUR BABY

Research shows that if you use meth while pregnant or breastfeeding:

- Your chances of a miscarriage increases.
- Your baby may be born with a lower birth weight.
- A low birth weight baby is more likely to have health problems, especially in the first year of life.¹
- Your baby may be born with birth defects.
- The growth and development of your baby's brain can be harmed.²

HOW METH AFFECTS YOUR BABY

No matter how you use meth (smoking, snorting, injecting, or swallowing), the harmful ingredients in it will reach your baby in 2 ways:

- Through your bloodstream and into the placenta.
- Through your breast milk.¹

NO AMOUNT OF METH IS SAFE

Experts and researchers that perform the MotherToBaby pregnancy studies recommend that:

- Pregnant women should not use meth.
- If your healthcare provider prescribed methamphetamine, call the healthcare provider and let them know about your pregnancy.¹
- If you are misusing methamphetamine and live in Sacramento County and want to stop, there is help available: (916) 874-9754.



REFERENCES

1. Mother to Baby
2. National Institute on Drug Abuse