

# Drugs & Pregnancy

**If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.**

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

## If you are using drugs here is some information to help you

If you are not using contraception and have had sex, then you may become pregnant. This can occur even if you have not had a period for a long time.

If you do not want to be pregnant, emergency contraception is available if taken within 3-5 days after unprotected sexual intercourse, and can be obtained from:

- some GP surgeries
- contraception clinics
- sexual health or genitourinary medicine (GUM) clinics
- most pharmacies
- most Walk-in Centres
- the Accident and Emergency department at Whiston Hospital.

Another option is the fitting of a coil which must be performed within 5 days – see your GP or Family Planning clinic.

If you are pregnant then your GP, Family Planning Clinic or Merseyside Drugs Clinic can help; whether you wish to continue with the pregnancy or not.

Ante-natal care is **very** important if you decide to continue with the pregnancy; and you are encouraged to inform the doctors and midwives about any drugs you are taking.

**Do not forget to attend your Ante-Natal Appointment.**

**If you have problems attending contact your Midwife or the antenatal clinic on:**

**0151 430 1016**

**Remember - these services are here to help you.**

## Should I stop using drugs now I am pregnant?

**Before you stop** taking any drugs you should consult your Doctor, local drug agency or your Midwife.

FRANK is a drug support website which can be found on the internet <https://www.talktofrank.com> or you can phone 0300 1236600.

## Do not stop using:

- Heroin
- Methadone, Subutex
- Other opiate type drugs
- Benzodiazepines (if taken regularly)
- without first seeking advice from your Doctor, local drug team or Midwife.

The first three months of pregnancy are very important for the development of your baby and the advice generally is **not** to stop taking the above drugs. However, it is very important to stabilise your drug use. Contact one of the agencies listed at the back of this leaflet or your GP for the best advice regarding your drug use and the effect on your pregnancy.

## What happens when I go to hospital?

If you have been attending for ante-natal care then you will have had the opportunity to discuss how your pregnancy is progressing, labour, and the most suitable method of pain relief. If not, then you should consider talking to your Midwife or Doctor and telling them about your drug use so that they can help and advise you.

Labour can be a worrying time especially if this is your first baby, so do not be afraid to approach your Midwife for help and support.

**It is important for the staff to know which drugs you are taking so there is no risk of you or your baby being over-dosed when given pain-relieving drugs in labour**

## How long will I be in hospital?

The Paediatricians' (baby doctors) advice is that your baby needs to stay in hospital with you on the post-natal ward for a minimum of 72 hours (3 days). This is to make sure that your baby is not going to be ill through drug withdrawal. Not all babies are 'addicted' to the drugs their mum has been taking, but the Midwives and Doctors will give you and your baby the care, support and attention you both need.

**If you are taking Methadone or Subutex only, you should consider breast-feeding your baby – you can discuss this with your Midwife.**

## Going home with your baby

When you and your baby are ready to go home, your individual needs will be assessed. If you are on Methadone or Subutex then your Midwife will ensure that you have a prescription arranged.

On your transfer home the Community Midwife is informed and will visit you the day after discharge from hospital. She will check you and your baby are well and give you any further advice you need. This is arranged for every mum going home with their baby. The Community Midwife will probably be the same one that you have previously seen at your GP surgery.

## Contraception

You will have the opportunity to discuss contraception before going home. You can also get help and advice from the Family Planning Clinic, your Health Visitor or your GP.

**Your confidentiality will be respected but there may be times when information has to be shared with other professionals, including social services if there are child protection concerns**

## Useful websites

Pregnancy, Alcohol & Drugs – healthline.com  
<https://www.healthline.com/health/pregnancy/alcohol-drugs>

The Effect of Drugs – NHS  
<https://www.nhs.uk/live-well/healthy-body/the-effects-of-drugs>

Honest Information about drugs – FRANK  
<https://www.talktofrank.com>

Drug addiction: getting help  
<https://www.nhs.uk/live-well/healthy-body/drug-addiction-getting-help/>

## Drugs and Pregnancy Information and Advice – Where to go

### **CGL (Change, Grow, Live) St. Helens (Drug Team)**

Lincoln House,  
80 Corporation Street,  
St Helens, Merseyside,  
WA10 1UG

**Tel: 01744 410752**

### **CGL (Change, Grow, Live) Knowsley (Drug Team)**

Unit 12-14 Chapelbrook Park,  
Wilson Road  
Huyton  
L36 6FH

**Tel: 0151 482 6291**

### **Amethyst Team Midwives**

Whiston Hospital  
Antenatal Clinic  
Warrington Road,  
Prescot,  
Merseyside.  
L35 5DR

**Contact via Community Office 0151 430 1492**

### **Childrens Centre**

**Central Link**

**Tel: 01744 673444**

### **Job Centre Plus**

Advice on benefits  
Gregson House,  
2 Central Street,  
Saint Helens, Merseyside  
WA10 1UF

**Tel: 0800 169 0190**

### **Starting Point**

Employment advice and training courses

**Tel: 01744 698800**

<https://www.sthelenschamber.com/startingpoint>



**Mersey and West Lancashire  
Teaching Hospitals**  
NHS Trust

Whiston Hospital  
Warrington Road,  
Prescot, Merseyside, L35 5DR  
Telephone: 0151 426 1600

[www.MerseyWestLancs.nhs.uk](http://www.MerseyWestLancs.nhs.uk)