

## ***Alcohol, Drugs and Your Baby***

When you drink, smoke cigarettes, or use illegal drugs while you're pregnant, so does your baby.

### ***Alcohol and drugs can harm your baby.***

Using alcohol, cigarettes, and illegal drugs like marijuana, cocaine, crystal meth, heroin, and other drugs may harm your baby in many ways:

- Hearing
- Sight
- Learning
- Heart
- Size
- Strength
- Behavior
- Looks
- Liver
- Kidneys
- Nervous system

### ***What can you do?***

Instead of drinking alcohol, smoking, and using other drugs, take care of yourself. This is the time to be good to yourself and your baby. Talk to your doctor before you use any prescribed drugs, over-the-counter medicines and herbal supplements.

### ***Give your baby a healthy start.***

Drinking alcohol, smoking and taking drugs can hurt your unborn baby. According to the March of Dimes, there is a greater chance your baby will:

- Be born too early
- Be born too small
- Have one or more birth defects
- Have withdrawal symptoms
- Have learning or behavior problems



## Before you get pregnant...

Stop smoking and drinking. Quit using marijuana, crystal meth, cocaine, heroin and other drugs. If you cannot stop using drugs or alcohol, talk to your doctor. It might seem hard at first to talk about your problems, but your doctor is there to help. You also can call the private, toll-free number of any of the groups listed below.

- The Center for Substance Abuse Treatment at **1-800-662-HELP (1-800-662-4357)**
- The National Council on Alcoholism and Drug Dependence at **1-800-NCA-CALL (1-800-622-2255)**
- The Tobacco Research and Intervention Program at **1-877-954-2548** or call the South Carolina Tobacco Quit Line at **1-800-QUITNOW (1-800-784-8669)**
- March of Dimes **www.marchofdimes.com**

## The good news: help is out there for you!

If you need help to stop using drugs and alcohol, talk to your doctor or nurse. They will keep this information private. You can also contact any of the groups listed here.



**Customer Care Center: 1-866-781-5094**  
**TTY line for members**  
**with hearing and**  
**speech loss: 1-866-773-9634**



Source: National Institutes of Health; U.S. National Library of Medicine

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0807 SC0009346WEB 5/08