

# OPIOIDS + PREGNANCY

before, during and  
after pregnancy



## AM I TAKING AN OPIOID?

You've probably heard a lot in the news about opioid addiction. But what exactly is an opioid? Opioids are certain types of medications prescribed by doctors to treat pain.

### These are all opioids:

- ▶ OxyContin
- ▶ Vicodin
- ▶ Percocet
- ▶ Dilaudid
- ▶ Norco
- ▶ Exalgo
- ▶ Fentanyl
- ▶ Hydrocodone
- ▶ Codeine
- ▶ Oxycodone
- ▶ Oxymorphone
- ▶ Methadone
- ▶ Morphine
- ▶ Tramadol
- ▶ Ultram

## Pregnant and taking pain medication?



Talk to your doctor today about your pain medication – prescribed or not. Women who take opioid pain medications should be aware of the risks during pregnancy. **If you are breastfeeding**, talk to your doctor about the safety of your medication.

## Risks to baby include:

- ▶ Seizures, vomiting, diarrhea, fever and poor feeding
- ▶ Brain, spine, heart and intestinal defects
- ▶ Preterm delivery
- ▶ Stillbirth
- ▶ Death



## Need help?

If you have a dependence or addiction to opioids, talk to your doctor and seek treatment. Go to [samhsa.gov](http://samhsa.gov) for a list of opioid treatment providers or call the National Helpline: 1-800-662-4357



# QUESTIONS

*To ask my doctor about my pain medication:*

1. Is my prescription painkiller an opioid?
2. Is there a safer medication to take?  
If yes, what is it?
3. What are the side effects?
4. What happens if I'm taking this medication and am pregnant or planning on becoming pregnant?
5. Can I get addicted to this medication?  
If so, how will I know?
6. What should I do with my leftover prescription drugs?

## TALK TO YOUR DOCTOR

if you are not sure if you  
are being prescribed  
an opioid.



## CALIFORNIA + OPIOIDS



900

infants born with  
NAS in 2014

**Neonatal Abstinence Syndrome (NAS)** is a group of conditions caused when a baby withdraws from certain drugs they're exposed to in the womb before birth.

2,196

opioid overdose  
deaths in 2017

21MILLION

opioid prescriptions  
in 2017

FOR HELP CALL

**1-800-662-4357**

**national helpline**

[www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov)

Maternal, Child & Adolescent Health  
**mcah**



[www.cdph.ca.gov/opioidsandpregnancy](http://www.cdph.ca.gov/opioidsandpregnancy)