
To help yourself and your baby, please call for more information.

Local Resources:

- Contact your local physician with any and all questions
- **Comprehensive Obstetric & Gynecological Services clinic** at Fletcher Allen Health Care (802) 847-1400
- **2-1-1**, toll free from anywhere in Vermont



**Pregnancy and Addiction:
Medication Assisted
Treatment for Opiate
Dependency During
Pregnancy**



I am pregnant and have been using opiates...



What Should I do?



If you become pregnant and are using opiates; methadone or buprenorphine are treatment options that can help you and your baby have a stable and healthy pregnancy.

Is it safe for me to stop using opiates while I'm pregnant?

When a pregnant woman goes into withdrawal, the baby also experiences withdrawal. Repeated withdrawal can harm the unborn baby.

Therefore, if you are using opiates regularly and become sick when you don't use, it is **not safe** for the unborn baby to stop using opiates suddenly.

What are my options?

Methadone and buprenorphine help you and your baby. These medicines stop withdrawal and decrease your cravings to use.

Methadone has been used for over 30 years to treat pregnant women with opiate addiction during pregnancy.

Buprenorphine is a newer medicine that is now available as an alternative to methadone; you and your doctor will decide which medicine is best for you.

Should I try to stay on a low dose of methadone or buprenorphine during pregnancy?

The amount of your dose has nothing to do with your newborn baby's need for medicine. You could be on a low dose and your baby may need medicine, or you could be on a higher dose and your baby may not need medicine.

Will my baby need medicine for withdrawal?

Not all babies born to mothers on methadone or buprenorphine will need medicine for withdrawal. Less than 50% of them will need medicine.

Will my baby be okay?

If your baby needs medicine for withdrawal it does not mean your baby is an addict. Your baby may need medicine for a short time to grow and be healthy.

Can I Breastfeed?

YES! Breast milk is one of the best gifts you can give your baby. It has been shown that the benefits of breastfeeding may actually reduce the chance that your baby will need treatment for withdrawal. Your doctor can give you more information.



Babies who need medicine for withdrawal are just as healthy, happy and smart as any other baby.