



HOPE STARTS NOW! AND SOMETIMES HOPE NEEDS HELP.



If you think you have opioid use disorder (OUD) and are pregnant, you can take helpful actions now to ensure you have a healthy pregnancy and a healthy baby.

What is Opioid Use Disorder (OUD)?

An addiction to opioids is called an opioid use disorder (OUD) and it is a treatable illness. Mothers with OUD typically feel a strong craving for opioids and find it hard to cut back or stop using them. Over time, they build up a tolerance to opioids and need larger amounts. They also spend more time looking for and using opioids and less time on everyday tasks and relationships.

Untreated OUD during pregnancy can have devastating effects on a baby. A newborn baby exposed to opioids in the womb may experience withdrawal symptoms, be born prematurely, have a low birthweight, experience breathing and feeding problems and even die. Newborn withdrawal may last for several days to several months and treatment varies.

**HOPE
STARTS NOW
AND WE ARE
NOT ALONE.**

What are Opioids?

Opioids are a class of drugs used to reduce pain.

- Common prescription opioids include codeine, oxycodone, hydrocodone and morphine.
- Fentanyl is a prescription synthetic opioid pain reliever. It can also be made illegally.
- Heroin is an illegal opioid.

What are helpful actions you can do now to get help for your hope?

- Do talk to a healthcare professional before quitting opioid or substance use
- Do seek help and treatment
- Do find a support group
- Do begin good prenatal care
- Do call **1-800-CHILDREN** a free, anonymous information and referral service

**CALL 1-800-CHILDREN TO CONNECT
WITH RESOURCES & SUBSTANCE USE SUPPORT.**

