**Alcohol**

There is no safe amount or type of alcohol to consumes during pregnancy. There is also no time during the pregnancy where it is safer to consume alcohol.

When alcohol is consumed during pregnancy the baby is at a higher risk of developing:

* Brain Damage,
* Vision and hearing problems,
* Trouble walking and talking,
* Organs that do not work properly,
* Birth defects,
* Problem’s learning, remembering and thinking through things,
* And problems getting along with others.

These symptoms are commonly known as *Fetal Alcohol Syndrome*.

During pregnancy and while breastfeeding, many people will opt for a non-alcoholic option. For instance, having a cocktail without the alcohol.

If you do decide to consume alcohol while breastfeeding, try to limit the amount you consume. Also, drinking after you breastfeed and allowing for at least 2 hours per drink before breastfeeding again.

**Drugs**

Drugs such as marijuana, heroin, crack/cocaine, LSD, and other drugs are not safe to use when you are pregnant or breastfeeding.

The use of these drugs when pregnant could harm both you and your baby.

Babies who have been exposed to drug use during pregnancy may:

* be born underweight and prematurely,
* have medical problems,
* go through drug withdrawal.

**Medications**

When attending an appointment with your health care provider, let them know of taking any medications that you are taking.

Prescribed medications and over-the-counter medications and natural health products should be disclosed to your doctor.

**Smoking**

Smoking yourself or being around those who smoke can affect the pregnancy.

While it would be best to quit before you are pregnancy, it is better late than never.

Smoking can cause problems such as:

* Not enough oxygen,
* Born too early,
* Born underweight,
* Higher risk for death of the baby,
* Could have health problems later in life. (Ear and throat infections, asthma and allergies).

It can be hard to quit smoking. However, there are things you can do to help make it easier:

* When trying to quit, asking someone to quit with you can be helpful,
* Make your home and car a smoke free zone to you and others,
* Join a non-smoking program,
* Try products such as the patch and gum that prevent cravings.

While no smoking is best, smoking as little as possible is recommended during pregnancy.

**Sex**

It is safe to have sex while you are pregnant!

Your sexual needs and desires during pregnancy may change and that is to be expected.

When engaging in sexual activity when pregnant, talking to your partner about what is comfortable and what feels good is important.

However, your health care provider may ask you avoid sex if it is painful or uncomfortable or if you have high risk conditions.

**Sexual Health Questions? We have Answers!**

**Location:**

47 St. Clare Ave

St. John’s, NL

**Hours:**

Monday: 9am – 4:30pm

Tuesday: 9am – 4:30pm

Wednesday: 9am – 4:30pm

Thursday: 12pm – 7pm

Friday: 9am – 4:30pm

**Phone:**

579-1009

Toll free 1-877-NO MYTHS

(1-877-666-9847)

**Website:**

www.plannedparenthoodnlshc.com

**Email:**

pp.nlshc@gmail.com

**This information was gathered from the Government of Newfoundland and Labrador’s website. For more information please visit:** [**https://www.gov.nl.ca/education/files/HealthyStartForBabyAndMe\_Final\_May2020.pdf**](https://www.gov.nl.ca/education/files/HealthyStartForBabyAndMe_Final_May2020.pdf)

**Pregnancy Package:**

**Alcohol, Drugs, Medications, Smoking & Sex.**

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