

## CHAPTER 4: HAVING A HEALTHY PREGNANCY

# Hazards of Drug Abuse in Pregnancy

| Name(s) of drug and how it's Taken                                          | How drug affects you                                                                                                                                                                                                                                  | Possible harmful effects from maternal use in pregnancy                                                                                                                                                                                                                                 |
|-----------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Alcohol (swallowed)                                                         | <ul style="list-style-type: none"> <li>• Sedation, sleepiness, or loss of consciousness</li> <li>• Impairs thought processes and liver function</li> </ul>                                                                                            | <ul style="list-style-type: none"> <li>• Fetal alcohol syndrome or FAS (physical deformity, mental deficiency, and behavioral disability), intrauterine growth retardation (IUGR), long-term neurological and behavioral problems</li> </ul>                                            |
| Amphetamines (pills swallowed)                                              | <ul style="list-style-type: none"> <li>• Called "uppers," "speed," or "diet pills"</li> <li>• Central nervous system (CNS) stimulant, causes nervousness and loss of appetite and sleep</li> </ul>                                                    | <ul style="list-style-type: none"> <li>• Placental abruption, IUGR, premature birth, altered newborn heart rate and behavior, fetal death</li> </ul>                                                                                                                                    |
| Cocaine or crack (injected by needle, snorted through nose or smoked)       | <ul style="list-style-type: none"> <li>• CNS stimulant and local vasoconstrictor (narrowing of blood vessels)</li> <li>• Highly addictive drug</li> </ul>                                                                                             | <ul style="list-style-type: none"> <li>• Placental abruption, IUGR, fetal stroke or heart attack, fetal death, premature birth, newborn withdrawal symptoms, and childhood learning problems</li> </ul>                                                                                 |
| Ecstasy—methylenedioxymethamphetamine or MDMA (pills swallowed)             | <ul style="list-style-type: none"> <li>• CNS stimulant causing feelings of warmth, happiness, anxiety, and/or depression</li> <li>• Effects similar to those of cocaine or amphetamines</li> </ul>                                                    | <ul style="list-style-type: none"> <li>• Long-term learning and memory problems in childhood</li> </ul>                                                                                                                                                                                 |
| Glues and solvents (inhaled or sniffed)                                     | <ul style="list-style-type: none"> <li>• Called "huffing"</li> <li>• Feelings of dizziness and lightheadedness</li> <li>• Damage to liver, kidneys, bone marrow, and brain</li> <li>• May cause sudden death</li> </ul>                               | <ul style="list-style-type: none"> <li>• Low birth weight, head and body growth problems in childhood, and birth defects of limbs, face and heart</li> </ul>                                                                                                                            |
| Heroin and other opioids (smoked or injected under the skin or into a vein) | <ul style="list-style-type: none"> <li>• Called "mainlining" when put into a vein</li> <li>• Effects of narcotics, pain reduction and drowsiness</li> <li>• Highly addictive and may lead to death from overdose</li> </ul>                           | <ul style="list-style-type: none"> <li>• Premature birth, IUGR, fetal death, withdrawal symptoms in baby and learning difficulties in childhood</li> <li>• Methadone (given at drug treatment centers to replace heroin) helps reduce fetal problems, but it's not risk-free</li> </ul> |
| Ketamine (snorted, eaten, or injected)                                      | <ul style="list-style-type: none"> <li>• Called "special K"</li> <li>• Sedative that causes amnesia</li> </ul>                                                                                                                                        | <ul style="list-style-type: none"> <li>• Behavioral and learning problems for baby and in childhood</li> </ul>                                                                                                                                                                          |
| LSD—lysergic acid diethylamide (swallowed)                                  | <ul style="list-style-type: none"> <li>• Called "acid"</li> <li>• Causes hallucinations, violent behavior, and flashbacks</li> </ul>                                                                                                                  | <ul style="list-style-type: none"> <li>• Birth defects in baby</li> </ul>                                                                                                                                                                                                               |
| Marijuana (smoked or eaten)                                                 | <ul style="list-style-type: none"> <li>• Called "grass," "weed," or "pot"</li> <li>• Sedative mind-altering effects</li> <li>• Nicotine and carbon monoxide decreases blood flow and oxygen in blood</li> </ul>                                       | <ul style="list-style-type: none"> <li>• Miscarriage, IUGR, and effects similar to exposure to tobacco smoke</li> </ul>                                                                                                                                                                 |
| Methamphetamines (snorted, swallowed, smoked, or injected)                  | <ul style="list-style-type: none"> <li>• Called "meth" and pure form is called "crystal" or "ice"</li> <li>• Most potent type of amphetamines</li> <li>• CNS stimulant producing euphoria and increased energy</li> <li>• Highly addictive</li> </ul> | <ul style="list-style-type: none"> <li>• Placental abruption, IUGR, premature birth, and newborn problems of tremors, extreme fussiness and difficulties with bonding and attachment</li> </ul>                                                                                         |
| PCP—phencyclidine (smoked, eaten, snorted, or injected)                     | <ul style="list-style-type: none"> <li>• Called "angel dust"</li> <li>• Causes schizophrenia-like psychosis symptoms, flashbacks, seizures, and heart attack or lung failure leading to death</li> </ul>                                              | <ul style="list-style-type: none"> <li>• Low birth weight and poor muscle control in baby</li> </ul>                                                                                                                                                                                    |
| Tobacco (smoked, chewed or inhaled)                                         | <ul style="list-style-type: none"> <li>• Impairs circulation and respiration, reduces blood oxygenation, and increases risk of lung cancer</li> <li>• Highly addictive</li> </ul>                                                                     | <ul style="list-style-type: none"> <li>• Miscarriage, IUGR, placental attachment problems, stillbirth, orofacial or limb defects, and SIDS</li> </ul>                                                                                                                                   |