Already Pregnant?

PREPARE FOR BABY

• Stay in treatment; babies do better when their moms are in treatment.

• Keep ALL your prenatal appointments.

• Go to perinatalweb.org to learn how to have a healthy pregnancy while in treatment and how to care for your baby.

PROTECT, PLAN, PREPARE

OPIOIDS AND PREGNANCY.
No Judgment — Just Help.

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Not Ready to be Pregnant?

PROTECT YOURSELF.

- 85% of couples not using birth control will get pregnant in the next year whether they intend to or not.
- Use birth control **EVERY** time you are sexually active.
- Go to: powertodecide.org to find a birth control provider.

Thinking About Getting Pregnant?

PLAN AHEAD

- Meet with a doctor or other health care provider **BEFORE** you get pregnant.
- Stabilize your substance use—stay in treatment or go to samhsa.org for a list of opioid treatment providers.
- Talk to your doctor or provider about stopping all illicit substances and tobacco.