

# Resources

A healthy pregnancy involves getting good prenatal care, watching what you eat, saying no to alcohol and staying away from drugs and certain medications. If you need help quitting alcohol, tobacco and drugs, check out these free resources for assistance.

**S.C. Tobacco Quitline**  
1-800-QUIT-NOW (1-800-784-8669)  
[www.scdhec.gov/quitforkeeps](http://www.scdhec.gov/quitforkeeps)

**S.C. Department of Alcohol and other Drug Abuse Services**  
1-888-SC-PREVENTS (1-888-727-7383)

**Substance Abuse and Mental Health Services Administration**  
1-800-662-HELP  
[www.samhsa.gov/treatment](http://www.samhsa.gov/treatment)

**United Way**  
Call 211 for community resources in your area.  
[www.211us.org](http://www.211us.org)








# Substance Use

## Risks to you and your family



Substance use can have a lasting effect on you and your family. Tobacco, alcohol and drugs can harm you, your unborn child and those close to you. The harm does not end at birth. Substance use can have lasting effects on your children.

# Substance Use: Risks to you and your family.

SUBSTANCE	STREET NAMES	DURING PREGNANCY	YOUR CHILD	BREASTFEEDING
<b>Alcohol</b>	Beer, Wine, Wine coolers, Liquor, Booze	<ul style="list-style-type: none"> <li>Impaired judgement, memory, reflexes and coordination</li> <li>Quitting at any time during the pregnancy is beneficial.</li> </ul> <p> <i>There is <b>no safe amount</b> of alcohol during pregnancy.</i></p>	<ul style="list-style-type: none"> <li>Miscarriage</li> <li>Stillbirth</li> <li>Low birth weight</li> <li>Preterm delivery</li> <li>Increased incidence of fetal distress at delivery</li> <li>Impacts brain development and facial changes</li> </ul>	<ul style="list-style-type: none"> <li>Decreased milk letdown</li> </ul> <p><i>Discuss with your health care provider.</i></p>
<b>Amphetamines</b>	Speed, Uppers, Pep pills, Crank, Ice, Meth, Crystal	<ul style="list-style-type: none"> <li>Hallucinations</li> <li>Paranoia</li> <li>Psychosis</li> <li>Irregular heartbeat</li> <li>Stroke</li> <li>Heart failure</li> </ul>	<ul style="list-style-type: none"> <li>Premature delivery</li> <li>Low birth weight</li> <li>Small for gestational age</li> </ul>	<p> <i>Do not breastfeed if you are taking amphetamines.</i></p>
<b>Cocaine and crack</b>	Coke, Snow, Nose candy, Blow, Flake, Rock	<ul style="list-style-type: none"> <li>Increased risk of spontaneous abortion</li> <li>Premature delivery</li> <li>Irregular heartbeat</li> <li>Headache</li> <li>Sudden death</li> <li>High blood pressure</li> <li>Breathing problems</li> </ul>	<ul style="list-style-type: none"> <li>Respiratory distress</li> <li>Bowel problems</li> <li>Brain problems</li> <li>Reduced head circumference</li> <li>Increased risk of seizures</li> </ul>	<p> <i>Do not breastfeed if you are using cocaine or crack.</i></p>
<b>Marijuana</b>	Pot, Grass, Joint, Weed, Reefer, Herb, Dope	<ul style="list-style-type: none"> <li>Early delivery</li> </ul> <p><i>Quitting at any time during the pregnancy is beneficial</i></p>	<ul style="list-style-type: none"> <li>Reduced muscle tone</li> <li>Poor sucking</li> <li>Delayed growth</li> <li>Delayed motor development</li> <li>Low birth weight</li> </ul>	<ul style="list-style-type: none"> <li>Marijuana can be detected in human milk.</li> </ul> <p> <i>Do not breastfeed if using marijuana.</i></p>
<b>Illegal Opioids: Heroin</b>	Junk, Smack, Horse, Mud, Scag, Black tar, China white, Brown sugar	<ul style="list-style-type: none"> <li>Heart problems</li> <li>Sudden death from overdose</li> </ul>	<ul style="list-style-type: none"> <li>Birth defects</li> <li>Still birth</li> <li>Neonatal abstinence syndrome and symptoms of withdrawal</li> </ul>	<p><i>Breastfeeding is encouraged if mother is on a supervised medication assisted treatment.</i></p>
<b>Prescription Opioids</b>  <i>These medications have become widely used as a drug of abuse.</i>	Codeine, Fentanyl, Hydrocodone, Hydromorphone, Meperidine, Methadone, Morphine, Oxycodone, Tramadol	<p> <i>Opioids are dangerous and addictive. If you have been prescribed one of these medications, <b>do not stop on your own.</b> You must be supervised by your physician.</i></p>	<p>Symptoms of withdrawal:</p> <ul style="list-style-type: none"> <li>High muscle tone</li> <li>Excessive crying</li> <li>Irritability</li> <li>Sneezing and stuffiness</li> <li>Excessive sucking or poor sucking ability</li> <li>High pitched crying</li> </ul>	<p><i>Breastfeeding is encouraged if mother is on a supervised medication assisted treatment.</i></p>
<b>Tobacco and second hand smoke</b>	Cigarettes, cigars, snuff, chew	<ul style="list-style-type: none"> <li>Ectopic Pregnancy</li> <li>Premature rupture of membranes</li> <li>Placental abruption</li> <li>Placenta Previa</li> </ul>	<ul style="list-style-type: none"> <li>Premature</li> <li>Low birth weight</li> <li>Small for gestational age or fetal growth restriction</li> <li>Born with a cleft lip, or cleft palate, or both</li> <li>Increased risk of SIDS (Sudden Infant Death Syndrome)</li> </ul>	<ul style="list-style-type: none"> <li>Reduced breast milk production</li> <li>Poor weight gain of infant</li> </ul>
<b>E-Cigarettes</b>	E-Cig, vape, E-Pen	<ul style="list-style-type: none"> <li>Preterm delivery</li> </ul>	<ul style="list-style-type: none"> <li>Heart damage</li> <li>Lung damage</li> <li>Sudden Infant Death Syndrome</li> </ul>	<ul style="list-style-type: none"> <li>Discuss with your health care provider.</li> </ul>