

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)
dph.sc.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 (1-800-662-4357)
findtreatment.gov

United Way

Call 211 for community resources in your area.
sc211.org



**SOUTH CAROLINA
DEPARTMENT OF
PUBLIC HEALTH**



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	STREET NAMES	DURING PREGNANCY		DURING BREASTFEEDING	
		MOTHER	INFANT	MOTHER	INFANT
Alcohol	Booze, Brew, Hooch, Juice, Liquor, Shine, Suds, Wine	<ul style="list-style-type: none"> Increased risk of miscarriage or stillbirth Decreased judgment, memory, reflexes, and coordination <p><i>No amount of alcohol is safe during pregnancy.</i></p>	<ul style="list-style-type: none"> Increased risk of fetal distress at delivery Increased risk of low birth weight Increased risk of preterm delivery Increased risk of fetal alcohol spectrum disorders (FASD) 	<ul style="list-style-type: none"> Decreased milk letdown Decreased milk supply 	<ul style="list-style-type: none"> Increased arousal and fussiness Decreased milk consumption Greatly reduced time spent in active sleep Reduced motor development <p><i>Discuss alcohol consumption with your healthcare provider.</i></p>
Amphetamines, including dextroamphetamine and methamphetamine	Crank, Crystal, Ice, Meth, Pep pills, Speed, Uppers	<ul style="list-style-type: none"> Greater risk of premature delivery Higher risk of preeclampsia (high blood pressure) Hazards of use: Hallucinations, paranoia, psychosis, convulsion, irregular heartbeat, stroke, heart failure. 	<ul style="list-style-type: none"> Low birth weight Small for gestational age (SGA) 	<ul style="list-style-type: none"> Decreased milk production Increased agitation and irritability Hallucinations Seizures 	<ul style="list-style-type: none"> Irritability and extreme agitation Tremors and seizures Feeding difficulty Poor sleep patterns <p><i>Do not breastfeed if taking amphetamines.</i></p>
Caffeine* <i>Limit to no more than 200-300 mg/day (2 to 3 cups) while pregnant or breastfeeding.</i>	Coffee, Espresso, Joe, Tea, Cola, Pop, Soda, Energy Drinks, Chocolate	<ul style="list-style-type: none"> Slightly increase blood pressure and heart rate In high amounts, may increase risk of pregnancy loss 	<ul style="list-style-type: none"> In high amounts, higher risk of SGA In high amounts, higher risk of fetal growth restriction 	<ul style="list-style-type: none"> In high amounts, may lower iron levels in milk 	<ul style="list-style-type: none"> Risk of fussiness Risk of irritability and jitteriness Poor sleep patterns
Cocaine and Crack <i>Do not use while pregnant or breastfeeding.</i>	Blow, Coke, Nose Candy	<ul style="list-style-type: none"> Premature rupture of the amniotic sac Separation of the placenta from the uterus before delivery Miscarriage 	<ul style="list-style-type: none"> Brain and spinal abnormalities Risks of fetal growth restriction (FGR) and SGA Reduced head circumference 	<ul style="list-style-type: none"> Drugs can transfer into milk 	<ul style="list-style-type: none"> Intoxication Irritability and agitation Vomiting and diarrhea Negative effects on neurobehavioral development
Hallucinogens, including PCP, LSD, mescaline, peyote, and psilocybin <i>Do not use while pregnant or breastfeeding.</i>	Angel Dust, Loveboat, Acid, Mushrooms, Magic Mushrooms	<ul style="list-style-type: none"> Preterm delivery 	<ul style="list-style-type: none"> Low birth weight Early motor delays Negative effects on brain and behavior development Birth defects 	<ul style="list-style-type: none"> Drugs can transfer into milk 	<ul style="list-style-type: none"> Negative effects on neurobehavioral development
Marijuana <i>Quitting at any time during pregnancy or postpartum is beneficial.</i>	Cannabis, CBD, Bud, Grass, Hash, Pot, THC, Sinsemilla, Weed	<ul style="list-style-type: none"> Preterm delivery Premature rupture of membranes 	<ul style="list-style-type: none"> Low birth weight Impact on brain development 	<ul style="list-style-type: none"> Drug can transfer into milk and change its composition May decrease milk supply 	<ul style="list-style-type: none"> Delayed motor development Reduced muscle tone Poor sucking Drowsiness and lethargy Less frequent and shorter feedings
Opiates and Synthetic Narcotics	Black Tar, China White, Heroin Horse, Junk, Smack, White	<ul style="list-style-type: none"> Miscarriage Preeclampsia Increased risk of preterm labor and birth Stillbirth Separation of the placenta from the uterus before delivery Sudden death from overdose 	<ul style="list-style-type: none"> Birth defects Low birth weight Neural tube and congenital heart defects Increased risk of FGR Sudden unexpected infant death (SUID) 	<ul style="list-style-type: none"> Risk of delayed milk production Excessive sedation 	<ul style="list-style-type: none"> Less frequent and shorter feedings at the breast Neonatal abstinence syndrome (NAS) with symptoms including excessive crying, restlessness, and irritability Excessive sedation Poor weight gain Impact on developmental milestones
Prescription Opioids	Codeine, Fentanyl, Hydrocodone, Hydromorphone, Meperidine, Methadone, Morphine, Oxycodone, Tramadol	<ul style="list-style-type: none"> Miscarriage Preeclampsia Stillbirth <p><i>Do not start or stop taking any opioid until you talk to your healthcare provider.</i></p>	<ul style="list-style-type: none"> Intrauterine growth restriction (IUGR) Low birth weight 	<p><i>Breastfeeding is encouraged if the mother is on a supervised medication-assisted treatment.</i></p>	<ul style="list-style-type: none"> Risk of difficulty nursing at the breast
Tobacco and Secondhand Smoke <i>Quitting at any time during pregnancy or postpartum is beneficial.</i>	Smoke, Cigs, Hookah, Cigarillos, Dip, Snuff, Chew	<ul style="list-style-type: none"> Ectopic pregnancy Separation of the placenta from the uterus before delivery Miscarriage Preterm birth 	<ul style="list-style-type: none"> Premature birth Low birth weight Birth defects 	<ul style="list-style-type: none"> Reduced duration of breastfeeding Reduced milk production Less nutritious milk 	<ul style="list-style-type: none"> Poor weight gain Ear infections Lower respiratory illnesses Poor sleep patterns SUID

*Although caffeine is not considered a drug like alcohol, tobacco, or other substances, it can still impact pregnancy and infant health.