

Can I Breastfeed While Taking Opioid Replacement Medication?

- Breastfeeding is usually encouraged for women who are taking methadone and buprenorphine.
- Women actively using street drugs should not breastfeed.

Treatment Programs Available in Your Area

Contact Substance Abuse and Mental Health Services for a 24-hour treatment referral line
1-800-HELP (4357)

INSERT YOUR ADDITIONAL RESOURCES HERE



Opioid Use Disorder (OUD) and Pregnancy

What if I am Prescribed an Opioid for Pain Relief During Pregnancy?

- Discuss the risk versus benefit with your healthcare provider.
- If you are prescribed an opioid it is important to take it as prescribed.
- You and your baby's health should be monitored.

Ask Your Provider about Naloxone

- Naloxone can save your life if you overdose. You should always have a supply with you if you or a loved one has OUD.

How Can I get Help?

- If you have OUD, you should not stop the drug without a doctor's help to avoid relapse and harm to your baby.
- National and local resources for OUD are available on the back of this pamphlet.



Contact Us

For more information on PAMI visit:
pami.emergency.med.jax.ufl.edu
Email: emresearch@jax.ufl.edu or scan the QR code



Content Adapted from The American College of Obstetrics and Gynecologists
<https://www.acog.org/-/media/For-Patients/faq506.pdf?dmc=1&ts=20190520T2007069283>



What are Opioids?

- Opioids are used to relieve pain.
- Doctors may prescribe opioids to people after surgery, injury, or dental work.
- Prescribed opioids may be oxycodone, hydrocodone, morphine, fentanyl, codeine, and hydromorphone.
- Heroin and some forms of fentanyl are illegal.

What is Opioid Use Disorder?

Opioid use disorder (OUD) is a treatable disease that can be caused by frequent opioid use.

What are the Symptoms of OUD?

- Needing higher amounts of opioids to get the same effect
- Spending a lot of time looking for more opioids
- Feeling a strong desire for opioids
- Unable to stop or reduce opioid use
- Feeling unwell after not taking opioids
- Having conflicts with others at home work or school due to opioid use

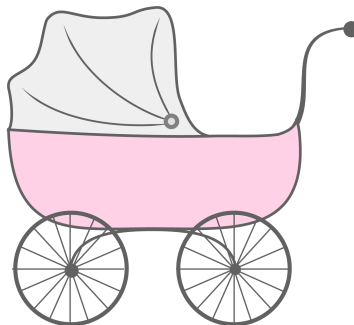
How Can Taking Prescription Opioids Become OUD?

- After taking an opioid some people may have changes in their brain making it hard for them to stop taking opioids.
- Your risk varies based on your genes, environment, and age.

Risks of Opioid Use During Pregnancy

- Breaking of the placenta
- Fetal growth problems
- Preterm birth
- Stillbirth (death)
- Lack of care for yourself and missed prenatal appointments
- **Anyone with OUD is at risk for overdose leading to death!**

How does Opioid Use During Pregnancy Affect a Newborn Baby?



- Shaking
- Poor feeding
- Crying
- Fever
- Diarrhea
- Vomiting
- Sleep Problems
- Hospitalization

OUD Treatment Options in Pregnancy

- Treatment includes opioid replacement medication and counseling provided by your doctor or a clinic.
- Buprenorphine and Methadone are used to reduce cravings without causing the good feelings like other opioids cause.

Benefits and Risks of OUD Treatment for Your Baby

- Opioid replacement medications have not been found to cause birth defects.
- Treatment with methadone or buprenorphine prevents withdrawal and reduces cravings making it more likely that your baby will grow normally and not be born too early.
- Babies born to women taking methadone or buprenorphine may have temporary withdrawal symptoms and require Neonatal Intensive Care (NICU).
- Sometimes medications can be used to make babies feel better.
- If a baby requires medications the dose will be decreased over-time until symptoms stop.
- Swaddling, skin-to-skin contact, and breastfeeding may also be helpful to comfort your baby.