

**Self Reflection: (circle your answer)**

Does this apply to me?	Yes or No
Am I expecting a baby?	Yes or No
Am I a smoker, a drink, or consume drugs?	Yes or No
What medications am I on?	Yes or No

I, \_\_\_\_\_, pledge to not drink alcohol, not smoke or consume tobacco, and take drugs without the revision of my doctor/Ob-GYN. In signing this pledge, I confirm that I will not harm my child by consuming toxic substances in my body. I will live my life to better the health of myself and my child!

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

# Alcohol, Drugs , Tobacco & Pregnancy Do NOT Mix



A baby's life should NOT  
begin with detox.

To find out more on this topic,  
contact your primary care physician  
or your OB/GYN.

**“Mommy, I love you!  
Please get help before it is too late.”**

### **Over the Counter Drugs:** (Aspirin and Cough Syrup)

Over the counter medicines taken by the mother can harm a baby by:

- Birth defects
- Low birth rate
- Breathing complications

**\*Under a doctor's care , it can be safe to take medicines during pregnancy.**

### **Prescribed Drugs:** (OxyContin, Percocet, Xanax, Zoloft)

- About 7 out of 10 pregnant women take at least one prescription medicine.
- Over the last 30 years, use of prescription medicine during the first trimester has increased more than 60%.
- Many women need to take medication during pregnancy to manage their health conditions, but it must be known and discussed with the doctor/Ob-GYN.

### **Smoking:** (Smoking while pregnant)

Smoking tobacco may seem harmless, but it is still a drug and can cause:

- Child development problems
- Higher risk of being born prematurely.
- Low birth rate
- Brain development and learning problems

### **Alcohol:** (Drinking alcohol while pregnant)

Alcohol use can cause developmental problems such as:

- Miscarriage
- Stillbirth
- Birth defects
- Mental health problems
- Fetal Alcohol Syndrome
- Behavioral problems



### **Street Drugs:** (Marijuana, Ecstasy, Heroin, and Cocaine)

Taking illegal drugs is not safe for the unborn baby or for the mother and can cause:

- Miscarriage
- Low birth rate
- Premature labor
- Death of mother and/or baby