

Alcohol, Tobacco and Drugs

What they can do to you and your family

Your baby needs your love and care. When you're pregnant, everything that you put into your body goes into your baby's body, too.

Quitting now will help you and your family be more healthy.

Drinking Alcohol

Beer, wine, wine coolers, and mixed drinks are all harmful to your baby. No amount of alcohol is safe while you are pregnant.

Can Cause:

- miscarriage, stillbirth, low birth weight, preterm delivery, and increased incidence of fetal distress during pregnancy, impact brain development, cause facial changes, and Sudden Death Syndrome
- during breastfeeding, can cause a decrease in milk letdown, reduced motor development of your baby, reduced milk consumption for baby, and less time in active sleep immediately after exposure to alcohol in human milk
- your baby to be born too small, be developmentally delayed, and more likely to be sick
- your children to be neglected, abused and feel less loved
- your health to be harmed in many ways (you could develop cancer or liver disease).

Using Tobacco

breathing in secondhand smoke; smoking cigarettes, cigars or pipes; chewing tobacco

Can Cause:

- **if breastfeeding**, smoking can cause low milk supply, poor infant weight gain, colic, increased incidence in infant respiratory allergy and Sudden Death Syndrome
- you to have a miscarriage or stillbirth when pregnant
- your baby to be born early, too small or more likely to be sick
- your children to have more colds, coughs and ear infections
- you and your family to be more likely to develop cancer, heart and lung disease, or stroke.

Using Drugs

over-the-counter and street drugs

Can Cause:

- if breastfeeding, check with your lactation professional or physician before using prescription or over-the-counter drugs
- mothers are advised not to breastfeed if they are using street drugs such as PCP, cocaine, and marijuana because of the risk of harming the baby's development
- you to have a miscarriage when pregnant
- your baby to be born early, too small, shaky, hard to take care of, with birth defects, or too sick to live
- your children to be neglected, abused and feel less loved
- harm to your health in many ways (even with short-term use).

Note: If you are pregnant, check with your doctor before using any over-the-counter drugs.

Help Quitting

Check out these free resources for assistance quitting alcohol, tobacco and drug use.

S.C. Tobacco Quitline

A free counseling service that helps South Carolina smokers and tobacco users quit. Call 1-800-QUIT-NOW (1-800-784-8669).

Services include:

- one-on-one coaching with tailored help for pregnant smokers
- phone or web-based counseling and support
- development of a personalized quit plan.

The Quitline is open 24 hours a day, seven days a week.

Visit www.scdhec.gov/quitforkeeps to learn more.

S.C. Department of Alcohol and Other Drug Abuse Services

A statewide toll-free information line for all South Carolinians. If you are experiencing problems with alcohol or drugs, you can find nearby services that meet your needs. Call 1-888-SC PREVENTS (727-7383).

Visit www.daodas.state.sc.us and click on "Treatment Providers."