



Uniting Fresno for Healthy Communities

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Fresno County Human Services System, Department of
Community Health, Maternal, Child & Adolescent Health

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Drug Use During Pregnancy?

It's not too late to stop.



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Pregnancy and Drug Use

There are a lot of reasons why a pregnant woman shouldn't smoke, drink alcohol, or use other drugs.

- Alcohol use during pregnancy is the main cause of mental retardation in children.
- Smoking during pregnancy can cause a baby to be born so sick it could die.
- Using drugs can cause brain damage even before your baby is born.

The Good News

Women who stop using when they're pregnant give their babies a healthier start in life. If you're pregnant and smoke, drink, or use meth, cocaine, or other drugs, it's not too late to stop.



Your Doctor Is Someone You Can Trust

Talking honestly with your doctor about your needs is the first step to a clean and healthy pregnancy. You can talk to your doctor about any drug use, whether it's tobacco, alcohol, marijuana, meth, cocaine, or other drugs. He'll help you study all your options so that you can make the best decision for you and your family.



Your Doctor Can Connect You with Help

If your doctor refers you for help:

- The decision is yours.
- Most women get the help they need in outpatient treatment.
- Your children can receive treatment with you.

Find out how Babies First can help.

call 1-800-640-0333

We'll help you and protect your privacy.