

CHAPTER 4: HAVING A HEALTHY PREGNANCY

Hazards of Drug Abuse in Pregnancy

Name(s) of drug and how it's Taken	How drug affects you	Possible harmful effects from maternal use in pregnancy
Alcohol (swallowed)	<ul style="list-style-type: none"> • Sedation, sleepiness, or loss of consciousness • Impairs thought processes and liver function 	<ul style="list-style-type: none"> • Fetal alcohol syndrome or FAS (physical deformity, mental deficiency, and behavioral disability), intrauterine growth retardation (IUGR), long-term neurological and behavioral problems
Amphetamines (pills swallowed)	<ul style="list-style-type: none"> • Called "uppers," "speed," or "diet pills" • Central nervous system (CNS) stimulant, causes nervousness and loss of appetite and sleep 	<ul style="list-style-type: none"> • Placental abruption, IUGR, premature birth, altered newborn heart rate and behavior, fetal death
Cocaine or crack (injected by needle, snorted through nose or smoked)	<ul style="list-style-type: none"> • CNS stimulant and local vasoconstrictor (narrowing of blood vessels) • Highly addictive drug 	<ul style="list-style-type: none"> • Placental abruption, IUGR, fetal stroke or heart attack, fetal death, premature birth, newborn withdrawal symptoms, and childhood learning problems
Ecstasy—methylenedioxymethamphetamine or MDMA (pills swallowed)	<ul style="list-style-type: none"> • CNS stimulant causing feelings of warmth, happiness, anxiety, and/or depression • Effects similar to those of cocaine or amphetamines 	<ul style="list-style-type: none"> • Long-term learning and memory problems in childhood
Glues and solvents (inhaled or sniffed)	<ul style="list-style-type: none"> • Called "huffing" • Feelings of dizziness and lightheadedness • Damage to liver, kidneys, bone marrow, and brain • May cause sudden death 	<ul style="list-style-type: none"> • Low birth weight, head and body growth problems in childhood, and birth defects of limbs, face and heart
Heroin and other opioids (smoked or injected under the skin or into a vein)	<ul style="list-style-type: none"> • Called "mainlining" when put into a vein • Effects of narcotics, pain reduction and drowsiness • Highly addictive and may lead to death from overdose 	<ul style="list-style-type: none"> • Premature birth, IUGR, fetal death, withdrawal symptoms in baby and learning difficulties in childhood • Methadone (given at drug treatment centers to replace heroin) helps reduce fetal problems, but it's not risk-free
Ketamine (snorted, eaten, or injected)	<ul style="list-style-type: none"> • Called "special K" • Sedative that causes amnesia 	<ul style="list-style-type: none"> • Behavioral and learning problems for baby and in childhood
LSD—lysergic acid diethylamide (swallowed)	<ul style="list-style-type: none"> • Called "acid" • Causes hallucinations, violent behavior, and flashbacks 	<ul style="list-style-type: none"> • Birth defects in baby
Marijuana (smoked or eaten)	<ul style="list-style-type: none"> • Called "grass," "weed," or "pot" • Sedative mind-altering effects • Nicotine and carbon monoxide decreases blood flow and oxygen in blood 	<ul style="list-style-type: none"> • Miscarriage, IUGR, and effects similar to exposure to tobacco smoke
Methamphetamines (snorted, swallowed, smoked, or injected)	<ul style="list-style-type: none"> • Called "meth" and pure form is called "crystal" or "ice" • Most potent type of amphetamines • CNS stimulant producing euphoria and increased energy • Highly addictive 	<ul style="list-style-type: none"> • Placental abruption, IUGR, premature birth, and newborn problems of tremors, extreme fussiness and difficulties with bonding and attachment
PCP—phencyclidine (smoked, eaten, snorted, or injected)	<ul style="list-style-type: none"> • Called "angel dust" • Causes schizophrenia-like psychosis symptoms, flashbacks, seizures, and heart attack or lung failure leading to death 	<ul style="list-style-type: none"> • Low birth weight and poor muscle control in baby
Tobacco (smoked, chewed or inhaled)	<ul style="list-style-type: none"> • Impairs circulation and respiration, reduces blood oxygenation, and increases risk of lung cancer • Highly addictive 	<ul style="list-style-type: none"> • Miscarriage, IUGR, placental attachment problems, stillbirth, orofacial or limb defects, and SIDS