

# SUBSTANCE USE DURING PREGNANCY

## ALCOHOL

It is safest to avoid all consumption of alcohol during pregnancy. Alcohol use during pregnancy has found to be associated with development abnormalities.

## CANNABIS

Cannabis should not be used during pregnancy because prenatal exposure can increase the risk of neurobehavioural abnormalities for the baby. Using cannabis during pregnancy has been shown to increase the risk of low birth weight, preterm labour, and stillbirth.

## CIGARETTES

Cigarette smoking during pregnancy is not recommended because it increases the risk for low birth weight, placental abruption, and perinatal mortality rates. The effect of vaping is not as well studied. However, vaping products include nicotine which is known to be harmful for the baby as well.

## CAFFEINE

A moderate amount of caffeine (less than 200 mg per day) is typically safe to use during pregnancy. There is not enough evidence regarding the effect of high caffeine intake on pregnancy outcomes.

## OPIOIDS

Opioid use during pregnancy is related with poor outcomes such as preterm birth, a small for gestational age baby. It can also lead to opioid withdrawal in the baby. However, for pregnant people with opioid use disorder, agonist therapy can be safe during pregnancy.

### References

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