

Are you taking a prescription painkiller?

These are prescription painkillers called opioids. If you take these or other opioids during pregnancy, it can cause serious problems for your baby.

- **Buprenorphine** (Belbuca®, Buprenex®, Butrans®, Probuphine®)
- **Codeine**
- **Fentanyl** (Actiq®, Duragesic®, Sublimaze®)
- **Hydrocodone** (Lorcet®, Lortab®, Norco®, Vicodin®)
- **Meperidine** (Demerol®)
- **Methadone** (Dolophine®, Methadose®)
- **Morphine** (Astramorph®, Avinza®, Duramorph®, Roxanol®)
- **Oxycodone** (OxyContin®, Percodan®, Percocet®)
- **Tramadol** (ConZip®, Ryzolt®, Ultram®)

The illegal drug heroin is an opioid, too. Some prescription opioids, like fentanyl, are made and sold illegally.

Opioids can be dangerous and addictive. They can cause problems for a baby in the early weeks of pregnancy, even before you know you're pregnant.

If you take opioids during pregnancy, your baby can be exposed to them and go through withdrawal after birth. This is called neonatal abstinence syndrome or NAS. Even if you use an opioid exactly like your provider says to, it still may cause NAS in your baby.

TAKE ACTION

Ask about your medicine.

If you're taking a prescription painkiller, ask your provider these questions:

1. Is the painkiller an opioid? ☐ Yes ☐ No

2. If yes, why do I need to take an opioid?

3. What are the risks to my baby?

4. Is there a safer medicine to take? ☐ Yes ☐ No

5. If yes, what is it?

If you're pregnant and using opioids:

- Don't stop taking any opioid until you talk to your health care provider. Stopping suddenly can cause severe problems for you and your baby.
- Tell your prenatal care provider about any medicine you take, even if it's prescribed by another health care provider.
- If another provider prescribes you an opioid, make sure she knows you're pregnant.

If you're not pregnant and you're using opioids:

- Use effective birth control until you've stopped taking the opioid.
- Talk to your provider about taking a safer pain medicine.

WATCH A VIDEO

marchofdimes.org/opioids