

Street Drug Use



Drugs can hurt you and your baby. Do you want to stop using drugs or cut down on the amount that you use? Talk to your healthcare providers. There are people who can help and support you. Call HealthLine at 811 and speak to a Mental Health Counsellor. This service is free and open 24 hours a day. You can also visit HealthLine Online <https://www.saskhealthauthority.ca/your-health/conditions-diseases-services/healthline-online>.

Intravenous drug use (shooting up, using needles) puts you at high risk for human immunodeficiency virus (HIV) and hepatitis C (HCV). Without proper care, these infections can be passed to your baby.

What about cocaine?

Cocaine use during pregnancy can hurt you and your baby. It can lead to:

- early labour
- birth defects in the unborn baby
- low birth weight in the newborn
- the baby dying shortly after birth
- abruptio placenta (i.e., the placenta breaking away from the wall of the uterus)

Cocaine use during pregnancy can also increase a baby's risk of dying from sudden infant death syndrome.

What about heroin?

Heroin use during pregnancy can hurt your baby. Like cocaine, heroin can lead to early labour, miscarriage, birth defects in the unborn baby, low birth weight in the newborn, and abruptio placenta (i.e., the placenta breaking away from the wall of the uterus).

Heroin withdrawal during pregnancy can be dangerous. Your healthcare providers may put you on methadone or buprenorphine to help to prevent withdrawal symptoms and decrease your cravings for heroin. They are safe to use during pregnancy. These medications can also help prevent the baby experiencing withdrawal symptoms after birth.

What about inhalants?

Inhalants include glue, paint thinner, gas, and aerosols such as hairspray. Inhalant use during pregnancy can harm your baby. Your baby may be born prematurely, with a low birth weight, or with a birth defect. Inhalant use can also cause your baby to have mental health, behavioural, and learning problems.

What about marijuana?

Marijuana use during pregnancy can lead to premature birth and learning problems in the baby later in life.



What about methamphetamines?

Methamphetamine (also known as ice, meth, speed) use during pregnancy can harm your baby. It can cause your baby to die before birth (miscarriage). It can also cause the placenta to break away from the wall of the uterus. This is called abruption placenta.