



Pregnancy and Alcohol

WHAT DOCTORS WOULD
LIKE YOU TO KNOW



Alcohol affects every person's body differently.

Alcohol also affects every fetus (*unborn baby*) differently. Here are some reasons:

- Health during pregnancy (nutrition and illnesses)
- How much alcohol is used
- When alcohol is used
- DNA of mother and father

During pregnancy, alcohol can affect the baby's developing body and brain.

These effects can happen before someone knows that they are pregnant. This is why it is healthiest to not use alcohol when trying to get pregnant or at any time during pregnancy.

It is never too late to reduce harm by quitting or cutting back on drinking. While lifestyle changes can be challenging, starting before pregnancy can help. Stressors like violence, poverty, or trauma may make change difficult. Support from partners, family, friends, community members and service providers can make a big difference.

Things you can do to help have healthy pregnancies and healthy babies:

- Take prenatal vitamins before and during pregnancy.
- Eat as healthily as possible.
- If you think you might be pregnant, take a pregnancy test and avoid using alcohol until you are sure.
- If you are pregnant, not drinking alcohol is the healthiest choice.
- Go for regular prenatal care.

If you want help to stop drinking, talk to:

- A doctor or other healthcare provider
- Saskatchewan HealthLine at 811
(Ask for an Addictions or Mental Health Counsellor)
- Addictions Services in your area
- Someone who you trust

