



Help For Drug Use During Pregnancy



Do you, or does someone you love, struggle with heroin or pain pills? Did you know that there is medication that can help?

How do medications help?

What are the medication options?



In addition to counseling or therapy, medication can be used to treat the use of heroin or pain pills (opioids) during pregnancy - much like how medications are used to treat other medical conditions, such as diabetes or heart disease.

Medications can help normalize brain chemistry, blocking the “feel good” effects of the opioid and reducing cravings.

You may have heard of some. Options include buprenorphine (Suboxone, Subutex, Buvidal, Sublocade) or methadone. Most are taken orally or as a pill every day. Some are also available in a monthly shot.

Are these medications safe during pregnancy?

Yes!



What do I do if I'm interested in the medication?

Talk with your healthcare provider. Be open with them about your struggle with opioid use and let them know you are interested in treatment options. They may be able to prescribe the medication to you directly, or if not, they can connect you to another medical provider who will.

What not to do?

Don't hide your substance use or pregnancy from your healthcare provider. It can be so hard to talk about opiate use because many people who struggle with substance use have probably been judged in the past. They may have even been judged by a healthcare provider. You don't have to feel shame. No one chooses to have a substance use problem.



It is also important to not try to stop your opioid use on your own. This can lead to withdrawal for you and your baby. There is support available. Reach out to your provider about your treatment options.

Whether you struggle with opiate use or any other substance, there is hope and there is help! To read more about treatment in Sacramento County, scan here.

