

PREGNANCY AND OPIOID MEDICINES

Some women need to take medicines during pregnancy. For the relief of moderate or severe pain, your doctor may recommend opioid medicines. They are safe when taken as directed by your doctor. Among the best known are codeine, oxycodone, hydrocodone, morphine, and oxymorphone.

THERE ARE OTHER OPIOIDS:

- **Fentanyl:** A synthetic substance (manufactured in industries) used to relieve pain. Fentanyl is stronger than morphine. It's also illegally manufactured.
- **Heroin:** It is an illegal opioid.

RISKS OF OPIOID USE DURING PREGNANCY

Uncontrolled use of opioid medicines may lead to a drug use disorder, such as dependence, addiction, and overdose. In addition to putting your life at risk, they can also affect your baby by causing:

- Birth defects that may affect the heart, abdomen, eyes, brain, spine, and spinal cord
- Neonatal Abstinence Syndrome (NAS). It is a group of problems that occur in a newborn who was exposed to opioids for a length of time while in the mother's womb.
- Problems with the placenta
- Baby's growth problems
- Premature birth
- Spontaneous abortion or stillbirth



USE OF PRESCRIPTION OPIOIDS DURING PREGNANCY

If you were treated with prescription opioids or if your doctor recommends using them during pregnancy, follow these recommendations to avoid risks:

- Take them for the shortest possible time
- Take the lowest possible dose
- Follow your doctor's instructions carefully when taking them
- Talk to your doctor if you have side effects
- Keep all your prenatal care appointments

BREASTFEEDING AND OPIOIDS

Usually, women who take prescription opioids can breastfeed their baby. Talk to your doctor if you have taken other medicines before or during breast-feeding. If you have HIV or use illegal drugs, avoid breastfeeding.

Remember that smoking, alcohol, or illegal drugs also harm your baby. If you are pregnant and use any of these substances, talk to a health care professional. There are treatments that can help.



¿Ayuda con su Plan de Salud del Gobierno?



ADMINISTRACIÓN DE SEGUROS DE SALUD DE PUERTO RICO

Línea libre de cargos
1-800-981-2737
TTY 787-474-3389

For guidance and assistance, call the **PSM Beneficiary Service**
1-866-600-4753 / 1-844-726-3345 TTY (hearing impaired)
This call is free of charge.

www.MenonitaVital.com



Medical Advice Line
1-844-736-3345
1-844-716-3345 TTY
(hearing impaired)



1979

**PLAN DE SALUD
MENONITA**

PSM complies with applicable federal civil right laws and does not discriminate based on race, color, age, disability or sex. As requested, this document may be available in alternate formats such as large print, audio 1-866-600-4753 y 1-844-726-3345 TTY (hearing impaired). If you speak English, language assistance services are available free of charge. Call 1-866-600-4753 and 1-844-726-3345 TTY (hearing impaired).

References:

- <https://medlineplus.gov/spanish/pregnancyandopioids.html>
- <https://www.mayoclinic.org/es-es/healthy-lifestyle/pregnancy-week-by-week/in-depth/opioid-use-during-pregnancy/art-20380741>
- <https://medlineplus.gov/spanish/pregnancyanddruguse.html>
- <https://www.drugabuse.gov/es/publicaciones/drugfacts/opioides-de-prescripcion-medica>