

Treating Opioid Use Disorder (OUD) During Pregnancy



There are PATHS to follow for a healthy pregnancy.



Pregnancy can be both exciting and overwhelming, especially for people with OUD.



The good news is there are steps you can take to ensure you and your baby are healthy.

“I can do this for my baby and me!”

OUD is a long-term condition that includes urges to seek and use opioids even with harmful outcomes. Examples of opioids include pain pills, fentanyl, and heroin. Medications like methadone and buprenorphine can be used to treat OUD during pregnancy. Medications for OUD, called MOUD, help mom deliver a healthy baby and treats OUD to support recovery.

Focus on Your Recovery

- Recovery is not one-size-fits-all. The path to treatment and recovery differs for everyone.
- Buprenorphine or methadone are standard treatments to help support recovery for OUD.
- Individual and group therapy can help you learn the tools needed to be successful in recovery.
- Traditional healing and spirituality are an important part of recovery for some people.
- Going through recovery alone is hard. Ongoing support of loved ones, your treatment provider, and the recovery community can help you stick with treatment.

How to Prepare for Your Baby's Arrival

- If you are interested in medication for OUD, talk to your health care provider or enroll in a local buprenorphine or SAMHSA-certified methadone program.
- Federal rules now require a Plan of Safe Care for babies exposed to opioids or other drugs before birth. Plans of Safe Care are meant to help keep your family together. Build your Plan of Safe Care with your treatment provider to set realistic expectations.
- If assigned a Child Protective Services (CPS) worker, ask them to work with your treatment provider to ensure your Plan of Safe Care meets state and local requirements.
- Keep all your recovery treatment and prenatal appointments.
- Your treatment program may help you with resources to get healthy food, stable housing, and transportation.

Once Your Baby is Here

- Keep working with your treatment program. The most important factor in your baby's long-term health is *your* recovery.
- Your baby is not addicted. They may go through a period of withdrawal but this is temporary and treatable.
- Breastfeeding while on buprenorphine or methadone is safe and recommended.
- Keep doctor's appointments for you and your baby.

Know Your Rights!

- It is illegal to discriminate against people because they are receiving MOUD.
- Courts and Child Protective Services (CPS) cannot legally require people to stop or switch their MOUD.



Local Resources

Additional Resources



**Substance Abuse and Mental Health
Services Administration (SAMHSA)**



Opioid Treatment Program Directory



Opioid Use Disorder and Pregnancy



Know Your Rights



**Treating Babies Who Were Exposed to
Opioids Before Birth**