



Medication for Opioid Use Disorder (MOUD) and Pregnancy Video Transcript

My name is Sami. I have a lot to look forward to. I'm co-parenting my children. I'm in school for social work. I started an amazing new job and I'm getting married soon. I also have opioid use disorder, or OUD. I remember the day I found out I was pregnant I made a promise to myself and my son that I was going to be the best mom I could be. I knew in order to do that I had to get treatment for my opioid use disorder. Living in a rural town was so tough because I felt super isolated. I felt ashamed and so judged. But I talked to my doctor, he put me on a medication for my opioid use disorder, you may hear this as MOUD. And today I have 3 ½ years of recovery and I know that if I were to ever have another baby, I can safely use MOUD during my pregnancy. Mothers who are on MOUD during pregnancy are more likely to give birth to full-term, healthy babies. MOUD does not increase the risk of birth defects and babies who are born to moms on MOUD are not born addicted. They may experience neonatal withdrawal syndrome, or NOWS, but this is something that's temporary and treatable. I am sharing all of this for all the moms out there that are ready to make a change. So, if you're pregnant, if you have OUD, if you're feeling lost, alone, or ashamed, just know there is help and hope out there and I am living proof of that. So, talk to your doctor about MOUD. Get the answers to your questions, invest in your health. These are the best things that you can do to protect you and your baby.