

OPIOIDS BREAKDOWN

1 WHAT TO KNOW & TYPES

OPIOIDS WHAT TO KNOW ABOUT THEM



WHAT ARE OPIOIDS?

Opioids are drugs that relieve pain. There are many kinds of opioids. Some, such as heroin, are illicit (or street) opioids, and others are prescription medications. Opioids are easy to get addicted to.

OPIOID USE DISORDER (OUD)

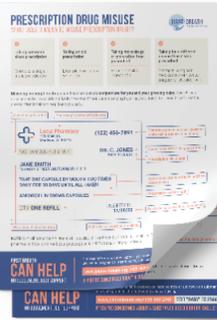
OUD is a pattern of opioid use that includes tolerance (needing a higher dose), craving, inability to control use, and continued use despite it affecting your life or relationships.

PRESCRIPTION DRUG MISUSE

Prescription opioids may be prescribed by your health care provider. You should take these medications exactly as prescribed. Always talk to a health professional before starting, stopping, or changing medications.

Prescription Drug Misuse means taking:

- Someone else's prescription drug(s)
- Your own old prescription drug(s)
- Prescription drug(s) more often or in higher doses than prescribed or not taking them in the prescribed method/way
- Prescription drug(s) for reasons other than prescribed



To learn more about prescription drug misuse see the 'Prescription Drug Misuse' handout.

IMPORTANT

Using illicit (street) opioids or misusing prescription opioids can have serious consequences for you and your baby. We urge you to get help. Contact your health care provider or contact the Wisconsin Addiction Recovery Helpline for substance use treatment or recovery services at 2-1-1 or (833) 944-4673.

If you are currently receiving treatment for a substance use disorder or are in recovery, continue working with your team to make sure you achieve the best outcomes for you and your family.

OPIOIDS TYPES



HEROIN (SMACK, DOPE, H)

Heroin is extremely addictive

May be cut with other substances



PRESCRIPTION OPIOIDS

Opioid pain medications are prescribed by health care providers to treat pain.



SHORT-TERM EFFECTS:

- Drowsiness
- Detachment

- Possibility of overdose or coma

LONG-TERM EFFECTS:

- Problems with your brain (Such as the inability to make decisions or control behavior)

Injecting heroin puts you and your baby at additional risk for blood-borne infections (such as, Human Immunodeficiency Virus (HIV) and Hepatitis B and C), which are passed through pregnancy and breast milk. (aka chest or human milk)



If you have been prescribed opioids, talk to your health care provider about the risks and benefits.



Suddenly stopping medication use can cause serious problems.

FIRST BREATH
CAN HELP
NO JUDGMENT. JUST SUPPORT.

Get the free information and support you need to stop or cut down on substance use while pregnant, breastfeeding, and caregiving.
www.joinfirstbreath.org | (608) 888-2768 | TEXT "FB" TO 29809
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2 USE DURING PREGNANCY & BREASTFEEDING

OPIOIDS IMPACT ON PREGNANCY



WHEN USING OPIOIDS:



- Opioids are in your Placenta (the organ present at pregnancy that gives baby nutrients).
- Opioids pass through your Umbilical Cord (tube connecting placenta to baby).
- Opioids are taken in by Baby.



Prescription Opioid Use During Pregnancy May Cause:

- Still birth (loss of baby after 20 weeks)
- Preterm birth (baby born too early)
- Poor growth of baby and low birth weight
- Problems with baby's heart, spine, and abdomen
- Other birth defects

Heroin Use During Pregnancy Can Cause:

- Still birth (loss of baby after 20 weeks)
- Preterm birth (baby born too early)
- Poor growth of your baby

DID YOU KNOW?

Neonatal Opioid Withdrawal Syndrome (NOWS) is under the umbrella of Neonatal Abstinence Syndrome (NAS), which is a group of problems that can happen as a result of babies being exposed to certain substances in the womb and experiencing withdrawal after delivery.



IMPACT ON LONG-TERM HEALTH FOR CHILDREN

NOWS puts children at an increased risk of long-term medical and behavioral problems.

Note: If you are receiving medication such as methadone or buprenorphine for an opioid use disorder - continue working with your team. Talk to your health care provider to come up with the best plan and ensure the best outcomes for you and your baby. If health care providers know that baby may withdraw, measures can be taken in a hospital upon birth to lessen these effects on baby.

OPIOIDS IMPACT ON BREASTFEEDING



WHEN USING OPIOIDS:

Opioids are in your breast milk and are taken in by baby when baby feeds.



The amount of opioids passed through your breast milk (aka chest or human milk) and taken in by your baby depends on the type of opioid medication you use and how much you use it. Medication-Assisted Treatment (MAT) is a treatment where providers use both FDA approved medication (i.e. Subutex, suboxone, and methadone) with counseling. MAT is considered safe depending upon your individual health and other factors. Please discuss with your health care provider and Lactation Specialist.

Some opioids can cause breathing problems, feeding problems, and extreme drowsiness in babies. Stopping opioid use suddenly can lead to withdrawal for your baby. Talk to your health care provider if you are using opioids and plan to breastfeed. If you have been prescribed opioids, use them exactly as directed, and talk to your health care provider about risks.

DID YOU KNOW?

Withdrawal symptoms usually begin 1-5 days after birth and include:

- Tremors and/or seizures
- Diarrhea and vomiting
- Breathing problems
- Excessive and/or high-pitched crying
- Sleep problems
- Feeding difficulties and/or poor sucking

Babies may...

- Be more difficult to console and soothe
- Need extra care and medications to help with their symptoms of withdrawal while in the hospital
- Need extra care and skin-to-skin handling at home

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3 IMPACT ON CAREGIVING & YOU

OPIOIDS IMPACT ON YOU



STOPPING OPIOID (ILLICIT OR MISUSED OPIOIDS)* USE CAN:

 Improve ability to cope with stress, anxiety, depression, and improve overall mood.	 Improve focus, memory, and problem solving.	 Improve overall health, especially immune system health.
 Decrease relationship problems.	 Decrease financial problems.	 Decrease legal problems.

*Remember to always talk to your health care provider before starting or stopping medications.

SUBSTANCE USE DISORDER

Using heroin or regularly misusing prescription opioids can lead to a substance use disorder. If you have a dependence on opioids (using them daily), it can be dangerous to stop using them on your own and you may need help to do so.

If you are concerned about your opioid use...

- Talk to your health care provider.
- Call the Wisconsin Addiction Recovery Helpline for substance use treatment or recovery services at 2-1-1 or (833) 944-4673.

Medication-Assisted Treatment (MAT) can aid in your treatment and recovery of an Opioid Use Disorder (OUD). MAT uses a combination of medication (such as methadone or buprenorphine) and counseling.

The medications used in MAT...

- Help reduce your need for opioids which is safer for you and your baby.
- Are used under the supervision of a health care provider.
- Are safe to take during and after your pregnancy.

OPIOIDS IMPACT ON CAREGIVING



USING OPIOIDS IMPAIRS THE FOLLOWING:

- Judgment
- Thinking
- Reaction time
- Attention

These impairments make it hard to care for children, respond to their needs, and keep them safe.

DID YOU KNOW?

Babies are at a higher risk of Sudden Infant Death Syndrome (SIDS) when caregivers use opioids.



HOW TO REDUCE THE RISKS OF OPIOIDS TO OTHERS WHILE CAREGIVING:



- Ask a trusted, sober adult to care for your child(ren) while under the influence.
- Do not drive while using opioids, especially with children in the vehicle.
- Store medications in a safe spot, out of reach of children or other people.
- Practice safe sleep to reduce the risk of SIDS. Babies should sleep on their backs and in their own crib with no blankets, pillows, stuffed animals, or crib bumpers.

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To learn about more about prescription drug misuse see the **'Prescription Drug Misuse'** handout.

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PRESCRIPTION DRUG MISUSE
WHAT DOES IT MEAN TO MISUSE PRESCRIPTION DRUGS?

- ✓ Taking someone else's prescription
Over packaging & not taking
- ✓ Taking an old prescription
Example: taking an old prescription
- ✓ Taking more drugs or more often than prescribed
Example: taking more than prescribed
- ✓ Taking for a different reason than was prescribed
Example: using pain medication for anxiety

Misusing prescription drugs can have serious consequences for you and your growing baby. Don't let a prescription become a liability. Use of prescription drugs should be taken for the intended purpose. Please contact your provider for help being a safe.

What is my 4-1-1? What is my 2-1-1 or 833-944-4673?

Local Pharmacy
123 Main St
Madison, WI 53702
(123) 456-7891

JANE SMITH
123 MAIN STREET, MADISON, WI 53702

DR. C. JONES
M.D. 123456

TWICE ONE CAPSULE BY MOUTH TWO TIMES DAILY FOR 10 DAYS UNTIL ALL TAKEN

AMOUNT 1 IN 50MG CAPSULES

CITY ONE REFILL

USE BY: 11/30/22

Pharmacy phone number (123) 456-7891
Call your provider for questions
Prescription number
Expiration date for refills (11/30/22)
Diagnosis (anxiety)
Do not use for pain relief

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IF YOU'RE CONCERNED ABOUT A SUBSTANCE USED STREET, CALL 2-1-1.

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PRESCRIPTION OPIOIDS

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COMMON DRUGS INCLUDE:

- ✓ Oxycontin ® (oxycodone)
- ✓ Vicodin ® (hydrocodone and acetaminophen)
- ✓ Dilaudid (hydromorphone)
- ✓ Codeine
- ✓ Fentanyl
- ✓ Morphine
- ✓ Tramadol

.....

MEDICATIONS USED TO TREAT OPIOID USE DISORDER (OUD):

- ✓ Methadone
- ✓ Buprenorphine
 - Suboxone ®
 - Zubsolv ®
 - Bunavil ®

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IMPACT ON PREGNANCY



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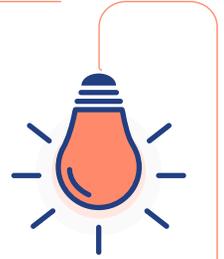
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