

# OTHER DRUGS BREAKDOWN

## 1 PRESCRIPTION DEPRESSANTS

### PRESCRIPTION DEPRESSANTS (SEDATIVES)

**GENERAL INFORMATION**

Also known as benzodiazepines (benzos), including Valium® (Diazepam), Klonopin® (Clonazepam), Xanax® (Alprazolam), Ativan® (Lorazepam), and barbiturates, including Amytal® (Amobarbital).

The effects of depressants depend on the type of substance you use, how often you use, and the method you use to take substances into your body.

Using multiple substances can increase risks to you and your baby.

Benzodiazepines are prescribed by health care providers to treat anxiety or sleep disturbance. If you have been prescribed benzodiazepines, talk to your health care provider about the risks and benefits. Suddenly stopping medication use, especially if using high doses on a daily basis, can cause serious problems.

**IMPACT ON PREGNANCY**

Prescription depressants first pass through the placenta (the organ present at pregnancy that gives baby nutrients), then the umbilical cord (tube connecting placenta to baby), and finally to your baby. Some benzodiazepines have a serious risk of harm to your baby. Using these substances has been linked with:

- Clift lip and palate
- Phatem birth
- Low birth weight
- Bleeding problems, which may require use of a ventilator

Barbiturates have been shown to increase the risk of:

- Birth defects
- Bleeding problems

**IMPACT ON BREASTFEEDING**

Benzodiazepines and barbiturates pass through breast milk (aka chest or human milk) and are taken in by your baby. The amount and effects vary depending on the substance. Some of these substances cause serious problems such as:

- Slow heartbeat
- Breathing issues

**IMPORTANT**

Talk to your health care provider if you are using these substances and are pregnant or planning to breastfeed.

**PRESCRIPTION DRUG MISUSE**

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.

**PRESCRIPTION DRUG MISUSE**

**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](http://www.joinfirstbreath.org) | (608) 888-2768 | TEXT "FB" TO 23669  
LOOKING FOR SUBSTANCE USE TREATMENT OR RECOVERY SERVICES? CALL 2-1-1 OR (833) 844-4672

## 2 HALLUCINOGENS

### HALLUCINOGENS SUCH AS LSD (ACID), PCP, AND MUSHROOMS

**GENERAL INFORMATION**

Hallucinogens refer to substances that cause changes to thoughts, emotions, and consciousness.

The effects of hallucinogens depend on the type of substance you use, how often you use, and the method you use to take substances into your body.

Using multiple substances can increase risks to you and your baby.

**IMPACT ON PREGNANCY**

The effects of hallucinogens during pregnancy are not well known.

- LSD may increase the risk of miscarriage (loss of pregnancy before 20 weeks).
- There is conflicting information about the risk of birth defects.

**IMPACT ON BREASTFEEDING**

The effects of hallucinogens on breastfeeding babies are not well known. It is thought that LSD is passed through breast milk (aka chest or human milk).

**IMPACT ON CAREGIVING**

**SHORT-TERM USE CAN CAUSE:**

- Restlessness
- Hallucinations
- Disorientation
- Anxiety
- Loss of consciousness
- Paranoia

All of these can make it hard to care for you and your children.

**LONG-TERM USE CAN CAUSE:**

- Hearing and vision problems
- Damage to immune system and all major organs
- Hallucinations
- Suffocation
- Secures
- Heart failure

All of these can make it hard to care for you and your child(ren).

**IMPORTANT**

Talk to your health care provider if you are using these substances and are pregnant or planning to breastfeed.

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## 3 INHALANTS

### INHALANTS ALSO KNOWN AS AIR BLAST, BOLD, CHROMING, AND GLAD

**GENERAL INFORMATION**

Inhalant use refers to breathing in household chemicals to produce intoxication (you feel "buzzed" or "high").

The effects of inhalants depend on the type you use and how often you use them.

Using multiple substances can increase risks to you and your baby.

**IMPACT ON PREGNANCY**

The effects of inhalants during pregnancy are not well known. Inhalant use can lead to heart failure and death of the person using it.

**IMPACT ON BREASTFEEDING**

The effects of inhalants on breastfeeding babies are not well known.

**IMPACT ON CAREGIVING**

**SHORT-TERM USE CAN CAUSE:**

- Loss of inhibitions
- Agitation
- Angry or hostile behavior
- Confusion
- Drowsiness
- Hallucinations
- Suffocation
- Secures
- Heart failure

All of these can make it hard to care for you and your child(ren).

**LONG-TERM USE CAN CAUSE:**

- Hearing and vision problems
- Damage to immune system and all major organs
- Tremors
- Brain damage

All of these can make it hard to care for your family long-term.

**IMPORTANT**

Talk to your health care provider if you are using these substances and are pregnant or planning to breastfeed.

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## 4 KETAMINE

### KETAMINE ALSO KNOWN AS KETALAR®, K, AND SPECIAL K

**GENERAL INFORMATION**

The effects of ketamine depend on how often you use and the method you use to take it into your body.

Using multiple substances can increase risks to you and your baby.

Prescription Drug Misuse means taking:

- Someone else's prescription drug(s)
- Your own old prescription drug(s)
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- Prescription drug(s) for reasons other than prescribed

Ketamine is an anesthetic that is used in different ways.

- It is used in the medical setting as an anesthetic.
- It is used illegally as a club (recreational) substance.
- Ketamine has hallucinogenic properties.

**IMPACT ON PREGNANCY & BREASTFEEDING**

Not much is known about the impact of ketamine during pregnancy and breastfeeding. It may increase risk of miscarriage and breathing problems in babies.

**IMPACT ON CAREGIVING**

**SHORT-TERM MISUSE CAN CAUSE:**

- Drowsiness
- Confusion
- Disorientation
- Hallucinations
- The potential for overdose
- Anxiety
- Paranoia
- Psychosis

All of these can make it hard to care for you and your children.

**LONG-TERM MISUSE CAN CAUSE:**

- Memory issues
- Attention issues
- Mental health issues
- Kidney issues
- Urinary Tract Infections (UTIs)

All of these can make it hard to care for your family long-term.

**IMPORTANT**

Talk to your health care provider if you are using these substances and are pregnant or planning to breastfeed.

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## IMPACT ON PREGNANCY

Prescription depressants first pass through the placenta (the organ present at pregnancy that gives baby nutrients), then the umbilical cord (tube connecting placenta to baby), and finally to your baby. Some benzodiazepines have a serious risk of harm to your baby. **Using these substances have been linked with:**

- ✓ Cleft lip and palate
- ✓ Preterm birth
- ✓ Low birth weight
- ✓ Breathing problems, which may require use of a ventilator

Barbiturates have been shown to increase the risk of:

- ✓ Birth defects
- ✓ Bleeding problems

## IMPACT ON BREASTFEEDING



Benzodiazepines and barbiturates pass through breast milk (aka chest or human milk) and are taken in by your baby. The amount and effects vary depending on the substance. **Some of these substances cause serious problems such as:**

- ✓ Slow heartbeat
- ✓ Breathing issues

## IMPORTANT

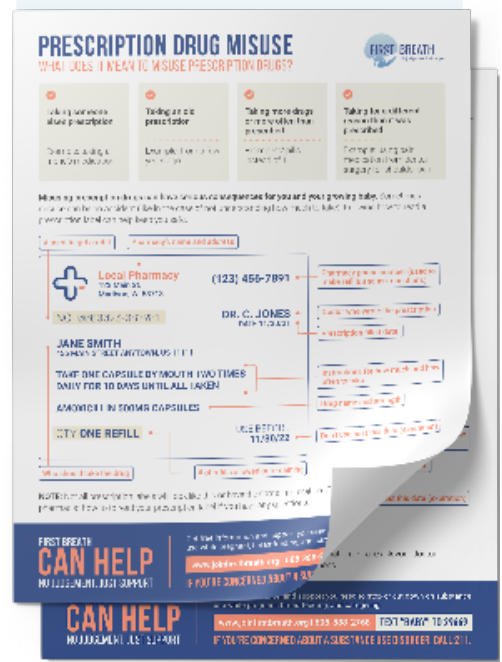
Talk to your health care provider if you are using these substances and are pregnant or planning to breastfeed.

## PRESCRIPTION DRUG MISUSE

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Using multiple substances can increase risks to you and your baby.

## IMPACT ON PREGNANCY

The effects of hallucinogens during pregnancy are not well known.

- ✔ LSD may increase the risk of miscarriage (loss of pregnancy before 20 weeks).
- ✔ There is conflicting information about the risk of birth defects.

## IMPACT ON BREASTFEEDING

The effects of hallucinogens on breastfeeding babies are not well known.

It is thought that LSD is passed through breast milk (aka chest or human milk).

## IMPACT ON CAREGIVING

### SHORT-TERM USE CAN CAUSE:

- ✔ Restlessness
- ✔ Hallucinations
- ✔ Disorientation
- ✔ Anxiety
- ✔ Loss of consciousness
- ✔ Paranoia

All of these can make it hard to care for you and your child(ren).



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## IMPACT ON CAREGIVING

### SHORT-TERM USE CAN CAUSE:

- ✓ Loss of inhibitions
- ✓ Agitation
- ✓ Angry or hostile behavior
- ✓ Confusion
- ✓ Drowsiness
- ✓ Hallucinations
- ✓ Suffocation
- ✓ Seizures
- ✓ Heart failure

All of these can make it hard to care for you and your child(ren).

### LONG-TERM USE CAN CAUSE:

- ✓ Hearing and vision problems
- ✓ Damage to immune system and all major organs
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### IMPACT ON PREGNANCY & BREASTFEEDING

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### IMPACT ON CAREGIVING

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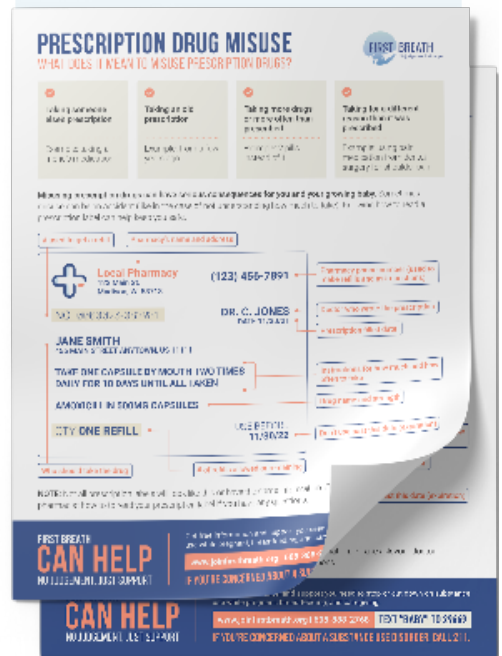
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