

Pregnancy and opioid dependence treatment

Preparing for birth



Your doctor has prescribed opioid dependence treatment during your pregnancy to ensure your well-being and that of your baby. Here is what this treatment consists of and why it may be useful for you.

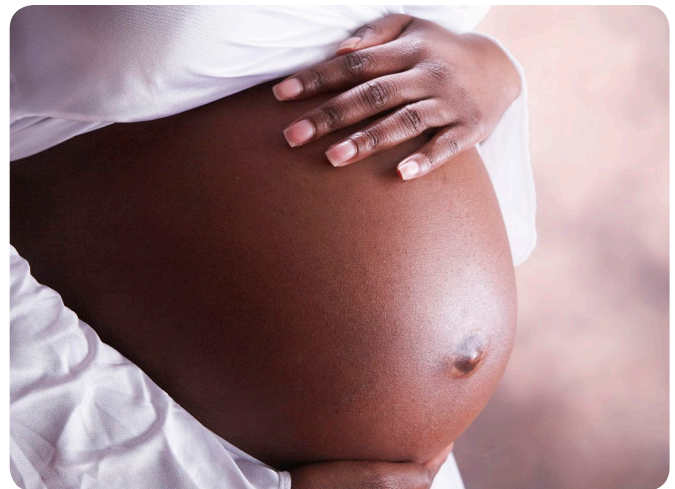
What does this treatment involve?

It involves taking a drug to treat an opioid dependence (for example, heroin, Dilaudid or OxyContin). It must be taken instead of the opiate.

Treatment for opioid dependence could involve taking either methadone or buprenorphine (Suboxone). Your doctor will gradually increase the dose until you are comfortable in your daily activities.

Why is this treatment being recommended for me?

- > Heroin and other opiates cross the placenta and can have harmful effects on the fetus. For example, there is a greater risk of premature birth and stunting (slowed growth).
- > Following this treatment allows you to stop using without going through withdrawal symptoms (such as sweating, shivering, diarrhea).
- > It will also reduce your desire to use opioids.



How long does the treatment take?

The treatment is taken throughout the pregnancy. After you give birth, it can continue for months or years, depending on your needs and the decisions you make.



Never stop your dependence treatment abruptly, as doing that will put you in a state of withdrawal. Talk to your doctor first.

Is this treatment dangerous for my baby?

Methadone and buprenorphine pose less risk to the fetus than heroin or other opiates. No fetal malformations are associated with these drugs. However, your baby may have withdrawal reactions at birth. Rest assured, however, that increasing the dose does not mean the baby will have more withdrawal symptoms at birth.

The CHUM has unique expertise in caring for mothers receiving treatment for opioid dependence, and in newborn withdrawal. The staff will support you throughout the pregnancy and after the birth. They will help you meet your child's needs.

What will happen after the delivery?

If your baby's health allows, you can keep him or her in your room. Private rooms also allow your partner or a relative to be present throughout your hospital stay.



We consider parental involvement to be essential. We encourage breastfeeding, skin-to-skin contact with your baby, and rooming-in with your baby if his or her health status and yours allow it.



Why not come in to meet with us?

We invite you to visit the Birthing Centre and meet with our team members to better prepare yourself for your child's birth and the care he or she will need. We advise you to meet us with your partner or a close friend. During this personalized visit, you will be able to:

- > Discover the Birthing Centre:
 - delivery room
 - postnatal unit
 - neonatal unit
- > Meet the members of the team
- > Get information on infant withdrawal
- > Ask any questions you want about the birth of your child

For an appointment

Contact one of the team members:

Nurse clinician and breastfeeding consultant:

> 514 890-8000 ext.

Social worker:

> 514 890-8000 ext.



USEFUL RESOURCES

To find a CLSC in your neighbourhood:

> sante.gouv.qc.ca

Click on English → Finding a Resource → CLSC

OLO Program (egg, milk, orange), for food assistance:

> **1 888-656-6372**

> fondationolo.ca/en/

Montreal Diet Dispensary, for nutritionist services and collective kitchen:

> **514 937-5375**

> dispensaire.ca/en/

Portage Mother & Child program:

> **514 935-3152**

> portage.ca/en/

Click on Services → Montreal Region
→ Mother & Child

Centre de recherche et d'aide pour narcomanes (CRAN), follow-up for pregnant women whose main dependence is on heroin or any other opioid:

> **514 527-6939**

> cran.qc.ca/en

Logis Phare, a supervised housing project run by CRAN:

> **514 523-3135**

> cran.qc.ca/en

In the Search box, type in Logis Phare

Rond-point (French)

Provides health and psychosocial services to pregnant women and parents (as well as their young children aged 0 to 5 years) living with an alcohol or drug problem:

> **438 386-4050, ext. 3**

INSPQ Guide: *From Tiny Tot to Toddler: A Practical Guide for Parents from Pregnancy to Age Two*:

> www.inspq.qc.ca/en/

Naître et grandir (French):

> naitreetgrandir.com



To learn more about pregnancy, delivery, or follow-up care, visit our internet site.



Videos, other fact sheets, and more resources are available (in French) at:

centredesnaissanceschum.com

The content of this document in no way replaces the recommendations and diagnoses made, or the treatment suggested by your health professional.

To find out more about the Centre hospitalier de l'Université de Montréal
chumontreal.qc.ca



Questions

Write down any questions you want to ask your care team so you don't forget anything.



Lined area for writing questions



Observations - Comments

Write down observations you feel are important: your symptoms, treatments, follow-up, energy level, spirit, etc.



Lined area for writing observations and comments



Resource people and contacts

Write down phone numbers, email addresses and websites that could be useful.



Lined area for writing resource people and contacts

To find out more about the Centre hospitalier de l'Université de Montréal chumontreal.qc.ca

