

# Already Pregnant?

## PREPARE FOR BABY

- Stay in treatment; babies do better when their moms are in treatment.
- Keep **ALL** your prenatal appointments.
- Go to [perinatalweb.org](http://perinatalweb.org) to learn how to have a healthy pregnancy while in treatment and how to care for your baby.



# PROTECT, PLAN, PREPARE

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OPIOIDS AND PREGNANCY.

No Judgment — Just Help.

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**WAPC**  
WISCONSIN ASSOCIATION  
for Perinatal Care

## Not Ready to be Pregnant?

### PROTECT YOURSELF.

- 85% of couples not using birth control will get pregnant in the next year whether they intend to or not.
- Use birth control **EVERY** time you are sexually active.
- Go to: **powertodecide.org** to find a birth control provider.

## Thinking About Getting Pregnant?

### PLAN AHEAD

- Meet with a doctor or other health care provider **BEFORE** you get pregnant.
- Stabilize your substance use– stay in treatment or go to **samhsa.org** for a list of opioid treatment providers.
- Talk to your doctor or provider about stopping all illicit substances and tobacco.