

Alcohol, smoking, and substance use during pregnancy



During pregnancy, it's very important to see your doctor for prenatal care, eat healthy, and stay active. You should also avoid substances that can be harmful to you and your baby, such as tobacco, alcohol, and drugs. These substances can cause problems during pregnancy, and affect your baby's health before and after birth.

How do alcohol, smoking, and drugs affect pregnancy?

Using drugs, alcohol, or cigarettes during pregnancy increases the risk of several complications, including anemia, hepatitis, sexually transmitted diseases, blood infections, heart problems, and skin conditions. In addition, the following complications may occur during pregnancy:

- Miscarriage
- Lack of vitamin absorption
- Seizures
- Hallucinations
- Problems in vital organs
- Placental abruption
- Preeclampsia
- Preterm birth
- Brain damage

Is there a time during pregnancy where alcohol can be consumed?

Drinking alcohol can cause problems for the baby throughout pregnancy, even before a woman knows she is pregnant. It's possible for a woman to get pregnant and not know it until the sixth week.

This means that you could have consumed alcohol and unknowingly exposed the baby during pregnancy. The best recommendation is to stop drinking alcohol when you start planning to have a child.

How do alcohol, cigarettes, and drugs affect the baby?

These substances cause damage and dependence, both in the mother and in the baby. Among the problems that may occur are:



- Physical and mental development problems
- Deformation of the reproductive organs and urinary system
- Low birth weight
- Breathing problems
- Fetal alcohol syndrome
- Heart problems
- Cleft lip or palate
- Seizures
- Learning and behavior problems
- Sudden infant death syndrome
- Depression

If you've just found out you're pregnant and have used alcohol, smoked, or used substances, what should you do?

It's very important to stop drinking, smoking, and using drugs as soon as you find out you're pregnant. If you've used alcohol, drugs, or smoked, talk to your doctor as soon as possible. Sharing this information with your OB-GYN is the best way to make sure you get the right treatment for you and your baby, and to prevent potential complications.



What to do to stop consuming alcohol, cigarettes and substances?

If you're having a hard time quitting alcohol, drugs, or cigarettes, talk to your doctor about how to get help. There are a variety of treatments that can support you in this process.

Important:



- **Caffeine:** It's not entirely clear whether consuming caffeine during pregnancy can affect the fetus. Studies suggest that drinking caffeine in small amounts, such as a cup of coffee a day, poses very little or no risk to the fetus. However, it is recommended to avoid excessive caffeine consumption.

- **Cannabis:** The main component of marijuana (cannabis), tetrahydrocannabinol (THC), can cross the placenta and affect the fetus. There is no safe amount of marijuana to use during pregnancy.

Social and Emotional Aspect

For tips, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during pregnancy, contact your primary care physician or contact the following phone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Health 787-641-9133

References:

<https://www.cigna.com/es-us/knowledge-center/hw/consumo-de-alcohol-o-de-drogas-durante-el-embarazo-ae1198>

<https://medlineplus.gov/spanish/pregnancyandsubstanceuse.html>

https://www.msdmanuals.com/es/hogar/salud-femenina/medicacion-y-consumo-de-sustancias-durante-el-embarazo/consumo-de-sustancias-durante-el-embarazo#Alucin%C3%B3genos_v86118231_es

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