ALCOHOL AND PREGNANCY DON'T MIX

There is no safe amount of alcohol to drink when pregnant.

Even small amounts can affect a fetus.

There is no safe time to consume alcohol during pregnancy.

A fetus’ brain develops throughout pregnancy. Even with similar levels of exposure effects can vary.

Alcohol concentrates in the amniotic fluid meaning the fetus is exposed to a higher concentration of alcohol for a longer time than the mother.

Alcohol exposure during pregnancy can:

- Alter the mother’s DNA and genes which, when passed onto the developing fetus, may increase the child’s risk of health issues later in life.
- Increase the risk of miscarriage, stillbirth, premature birth and low birth weight.
- Lead to life-long consequences, including physical health problems, behavioural difficulties and learning disabilities, described as Fetal Alcohol Spectrum Disorder (FASD).
- Increase the risk for substance use, mental health issues, trouble in school, and trouble with the law for individuals with FASD.

Also:

- Alcohol consumption can negatively affect fertility.
- If you are having unprotected sex and you are drinking, take regular pregnancy tests.

If you have any questions about alcohol and pregnancy, or about FASD, please talk to your health care provider. For more information about substance use during pregnancy, visit PregnancyInfo.ca

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