

# You are Not Alone



*Produced by Birth Outcomes Task Force  
and Spokane Regional Health District*

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## If you are pregnant and using opioids or other drugs, it's important to get help for yourself and your unborn baby.

Medication-assisted treatment (methadone or Subutex®) is the current recommendation for pregnant women using opioids. Treatment is available in our community.

Your path to a healthier pregnancy can begin with these five steps.

1. **See a health care provider** as soon as you learn/suspect you are pregnant and keep scheduled appointments.
2. **Be honest** about your drug use.
3. Immediate withdrawal can harm your baby, so **do not abruptly stop taking opioids** without first speaking to your primary care provider.
4. **Stop or decrease your use of other substances** like methamphetamine, alcohol, marijuana and nicotine.
5. **Learn what to expect** when your baby is born.

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*Please call or text:*

**509.280.3183**

*to speak with someone  
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