

Appendix H. Patient education resources

[March of Dimes](#)

This website provides information for patients on the effects of tobacco, alcohol and drug use during pregnancy. There is information focused on how these substances may harm the patient as well as affect her pregnancy. There are also resources for those that would like help stopping use of these substances.

[CDC: Alcohol Use in Pregnancy](#)

Website available in English and Spanish that provides information about why alcohol is dangerous in pregnancy, as well as how much and when. Resources are provided for those that are interested in help to quit drinking. Free posters and brochures on this topic are available to order or download on this [webpage](#).

[ACOG FAQ on Tobacco, Alcohol, Drugs, and Pregnancy](#)

This fact sheet provides information on the how the use of various substances may affect the patient's pregnancy. Information about receiving treatment and why this is important is provided. Questions on why the patient should tell their health care provider about substance use is also included.

[NIH: National Institute on Drug Abuse](#)

This website contains information about drugs of abuse. Under each of these is a webpage with specific information about these drugs, and some, such as marijuana and heroin, include specific information about the potential adverse effects of using the substance during pregnancy.

[Alcohol Drug Council of North Carolina: Women's Services](#)

This is the webpage for the Women's Services section of the Alcohol/ Drug Council of North Carolina website, a statewide organization which can assist patients in finding a residential or outpatient treatment program. For information and help, call Judith Johnson-Hostler at (800) 688-4232 or email jjones@alcoholdrughelp.org.

[North Carolina Coalition Against Domestic Violence](#)

This is the website of the North Carolina Coalition Against Domestic Violence. Women who are involved with a controlling and/or abusive partner and may need assistance with information, shelter, and legal issues. The state program has information and connections to local programs across North Carolina. A list of NC Domestic Violence Service Providers statewide and by county is available under the "Get Help" tab. The NC Domestic Violence Hotline is 1-800-799-SAFE (7233). *If providing this information to a patient, note that not all of the pages open with the pop up box providing instruction on how to quickly navigate away from the site.*

[UNC Horizons](#)

This is the website of UNC Horizons, one of the residential programs in North Carolina which serves pregnant and parenting women and their children. This website includes information about the services offered, FAQs, and success stories.

[Intermountain Healthcare: Prescription Pain Medication in Pregnancy](#)

This patient education fact sheet from Intermountain Healthcare provides information on opioid pain medication. This includes a section on how this medication may affect the baby including the risk of NAS.

[Intermountain Healthcare: Substance Use During Pregnancy](#)

This patient education fact sheet from Intermountain Healthcare provides information on various substances and their potential effects on pregnancy. Resources are listed for those that would like more information or help locating treatment for substance use.

[MothertoBaby](#)

Printable fact sheets in English and Spanish are available on this page on the effect of different substances such as cocaine and marijuana during pregnancy and beyond.

[UCSF: Substance Use During Pregnancy](#)

This patient education website from UCSF Medical Center provides a brief summary on the effect of different substances on the baby.