



Alcohol in Pregnancy

How to protect you and your baby



What do the 2020 Guidelines say?

If you are pregnant or planning a pregnancy you should not drink alcohol.¹

What about when breastfeeding?

If you are breastfeeding, not drinking alcohol is the safest for your baby.¹

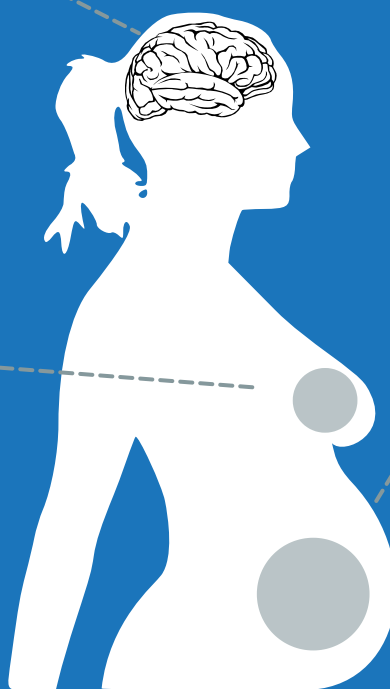
Following these guidelines will reduce the risk of harm to your baby.

When planning a pregnancy alcohol can:

- Affect fertility in you and your partner which will make it harder for you to conceive.
- Affect your baby in early development when you may not be aware you are pregnant.¹

Alcohol when breastfeeding can:

- Enter your breastmilk and will have the same blood alcohol content as your blood
- Reduce your milk supply
- Affect how the brain and spinal cord of your baby develops.¹



During a pregnancy alcohol:

Crosses the placenta, which exposes your baby to the same blood alcohol level as you.

During a pregnancy alcohol can cause:

- Fetal Alcohol Spectrum Disorder (FASD)²
- Miscarriage
- Premature birth and lower birth weight
- A wide range of physical, mental, behavioural and learning disabilities.^{1,2}

There is no safe amount of alcohol you can drink while pregnant.¹

¹ National Health and Medical Research Council. Australian Guidelines to Reduce Health Risks from Drinking Alcohol [Internet]. Canberra: Commonwealth of Australia; 2020. Available from: <https://www.nhmrc.gov.au/health-advice/alcohol>

² Bower C, Elliott E. Australian Guide to the diagnosis of Fetal Alcohol Spectrum Disorder (FASD) [Internet]. Canberra: Australian Government Department of Health; 2016. Available from: <https://www.fasdhub.org.au/fasd-information/assessment-and-diagnosis/guide-to-diagnosis/>

