



## THINGS TO KNOW BEFORE AND AFTER DELIVERY

# Quick Reference Guide To Pregnancy & Methadone Use

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## DELIVERY & METHADONE



“I am on Prescribed Methadone, will I be receiving my dose during my delivery?”

If you are receiving Methadone through your doctor, you will be provided medication.

If you are taking Methadone from the streets, you won't be given Methadone.

Please look for medical treatment **now** at a Methadone facility or talk to your prenatal doctor.

*Labor pain medication will be discussed with you during your delivery*



“Will I get in trouble for taking any other prescription medication at the hospital?”

Please let your prenatal doctor know if you will need to bring any other medication.

No other medications are allowed in the hospital.

Your “take home” doses stay at home. You will need to use them when you go back home after delivery.



“Will I get in trouble for taking my “take home” doses of Methadone?”

You will not need to bring your “take home” doses with you to the hospital.

If this is important to you, please ask to speak to the social worker at the hospital.



There are questions that you may have when you are pregnant, and this guide can help you answer some of the basic information.

For detailed information on your specific case, please call your home visiting worker, treatment counselor or medical doctor.

# BEFORE BABY ARRIVES

There are things you should have in place before going to the hospital to deliver your baby.

Some of these can be found in your community or by calling 211.



## DEPARTMENT OF CHILDREN & FAMILIES (DCF) CHILD PROTECTION INVESTIGATORS (CPI)

### “Will my baby be removed at the hospital?”

All cases are different. Please ask to talk to the social worker about your specific case.



### AT THE HOSPITAL

All hospitals provide a tour and this is a great time to ask any questions. Check their website for more information and to schedule and appointment



### AFTER DELIVERY

After delivery, you will be discharge and provided with information about how to take care for yourself and your baby.



### FUTURE FAMILY PLANNING

#### *Birth Control Component*

Begin talking to your doctor during your pregnancy about birth control, or a reproductive life plan.

If you have Medicaid questions, call the Managed Medical Assistance for more details, you will find their telephone number on the back of your insurance card for future pregnancies.

*The Department of Health can help with your plan and provide you with additional services such as: Well Woman Exams, Pap smears, FREE pregnancy tests, Family Planning Counseling, Birth Control Choices, Sterilization services for men and women, Emergency birth control (morning after pill) and more.*

Call the nearest Department of Health office for more information. [www.floridahealth.gov](http://www.floridahealth.gov) or by calling 850-245-4444 and ask for your county.



## METHADONE & BREASTFEEDING

Breastfeeding is found to be safe. The American Academy of Pediatrics (AAP) recommends only breastfeeding, followed by breastfeeding in combination with the foods until at least 12 months (1-year-old) of age, and continues breastfeeding for as long as both by mother and baby can continue.

Contact your delivery hospital and ask to speak to their breastfeeding consultant, childbirth educator or labor & delivery social worker.

Your local WIC program provides breastfeeding support. Please call: 1-877-WIC-BEBY (1-877-942-2329) and ask for your local WIC office.



## CAR SEAT SAFETY

You should have a car seat before you deliver your baby. The hospital will not allow you to bring your baby home without one. The hotline below will give you the closest place you can get help with car seats.

**All babies need a car seat.**

**Contact: Johns Hopkins All Children's Car Seat Hotline**

1-800-756-7233 extension 4 or 727-767-7835 | Website- [www.allkids.org/carseats](http://www.allkids.org/carseats)



## MOTHERHOOD / PARENTING CLASSES

Home visiting programs and pregnancy centers are some of the places where you can find parenting classes.

For more detailed information, contact your current home visiting worker, treatment counselor, or social worker.

Hospitals provide a variety of different classes and events for pregnant women and their infants. Visit their website or call them directly to find out more.



## PEDIATRICIAN VISITS

Your baby will need to see a doctor within 1-3 days after coming home. It is recommended to pick your baby's doctor (Pediatrician) before you deliver.

You can ask for a list of pediatricians from your home visiting worker, social worker at the hospital or at the Healthy Start Coalition.

The toll-free Family Health Line, 1-800-451-BABY, provides statewide information and referral to the public increasing access to prenatal and infant care.



## WHAT TO BRING TO THE HOSPITAL

**DO NOT** wait until you are in labor to pack for the hospital. A few weeks before your due date, get the items from this list. When the big moment arrives, you can double check the list before leaving to pack last-minute items and to be sure you have all you need.

- **Mom's Needs:** Your insurance card, slippers, change of clothes, including a going-home outfit. Make sure clothes are loose-fitting and comfortable. Nursing bra, nursing pads, and maternity underwear, phone numbers of friends and family members.
- **Baby's Needs:** Going-home outfit, such as a stretch suit, nightgown, or sweater set, a pair of socks or booties, cap, diapers, rear-facing infant car seat, and a diaper bag.
- **What NOT to Bring:** Jewelry, cash, valuables, medications legal or illegal.

If you need help with any of the items above, please contact 211, your home visiting worker, social worker or treatment counselor for resources in the community.



## SAFE SLEEP

The following are recommendations from the American Academy of Pediatrics.

- **ALWAYS** place baby on his or her back to sleep, for naps and at night, to reduce the risk of SIDS (Sudden Infant Death Syndrome).
- **Use firm and flat sleep surface.** Such as mattress in a safe-approved crib covered by a fitted sheet with no blankets, no toys, no pillows and no bumper pads.
- **Share your room with baby.** Keep baby in your room close to your bed, but on a separate surface such as a crib, bassinet, or pack n' play for the baby's first year

**DO NOT SLEEP WITH YOUR BABY**



## IF YOU ARE DISCHARGED BEFORE YOUR BABY

Some babies will need to stay longer in the hospital for different reasons. There are some things you can do to stay close to your baby.

### ASK YOUR NURSE

- What are the rules in the NICU?
- How many people can come to visit with you?
- Can you pump or nurse?
- Can you hold your baby?

This quick reference guide was brought to you by the joint efforts of Pasco Alliance for Substance Abuse Prevention and the Healthy Start Coalition of Pasco's Substance Exposed Newborn Committee (SEN). This guide is provided for informational purposes only.