



## Alcohol and pregnancy

### Avoid alcohol completely

It is not recommended you consume alcohol at any of the stages of pregnancy. The safest approach to drinking when pregnant is to avoid alcohol altogether.

### Increase risk of miscarriage

During the first 3 months of pregnancy you are at greater risk of miscarriage. When alcohol is consumed it passes into your bloodstream, through the placenta and directly into your baby's bloodstream. This can have implications on the development of your baby throughout all stages of pregnancy. It is much safer to avoid all alcohol altogether.

### Foetal Alcohol Syndrome (FAS)

FAS affects the way the brain develops and is believed to be linked directly to the amount of alcohol consumed by the mother during pregnancy. Children with FAS have been known to have abnormal growths and problems with neurological development. The safest way to reduce your risk is to avoid alcohol altogether.

### Drinking just before pregnancy

If you find out you are pregnant after already having drunk in early pregnancy further drinking should be avoided. However, don't worry about any previous drinking too much as the risks of baby being affected are likely to be low. If you're concerned, talk to your midwife or doctor.

### Talk to others

If you are struggling to reduce the amount of alcohol you consume speak to a close friend or family for support. Additionally there are many professional support services available and your GP may be a good place to start.