

Patient Video Script

For patients who are pregnant or intend to be pregnant soon

5 Things Your Doctor Wants You To Know About Alcohol And Pregnancy

1. Alcohol use during pregnancy can increase the risk of miscarriage, stillbirth, preterm birth, and SIDS.
2. Alcohol use during pregnancy can cause behavioral, intellectual, and physical disabilities, referred to as fetal alcohol spectrum disorders (FASDs).
3. During pregnancy, alcohol can pass from the pregnant woman to the fetus and affect its development.
4. Not all babies will be affected by alcohol during pregnancy. However, it is impossible to know which babies will be affected.
5. There is no known safe amount, no safe time, and no safe type of alcohol use during pregnancy.

Let's Talk

The safest thing to protect your baby is to avoid any type of alcohol use throughout your pregnancy. If you need help to stop drinking, talk to your doctor, contact an addiction specialist, or contact Alcoholics Anonymous.

For more information, visit www.cdc.gov/fasd.