Before and during pregnancy, it is safest for mum to stop drinking kava because this may hurt baby. If she is taking any prescribed or on-the-shelf-medicine, it is safest for her to speak with the doctor. It is also best for her to speak to the doctor about any cultural practices to be sure baby is safe.

**Drinking kava can cause:**

- Scaly skin
- Financial stress
- Problems with family, work and your social life.

**Chewing betelnut can:**

- Cause gum disease
- Increase chances of getting oral cancer.

**Tips for mum and dad:**

- Remember, what mum eats and drinks, your baby will also eat and drink
- It is safest to avoid any substances that may harm your baby’s growth or health.

Talk to a doctor, midwife for more information.
Before and during pregnancy, it is safest for mum to stop using drugs. This can be very harmful to her and her baby.

**What can happen to mum and her baby if she uses drugs?**

- Higher chance of mum having a miscarriage, premature birth or stillbirth
- Baby can be born small and below average weight
- Baby will have withdrawals from the drug such as unusual crying or behaviour. This is known as Neonatal Abstinence Syndrome (NAS).

There are people who can help mum stop using drugs. Call the alcohol and drug information service (ADIS) on 1800 177 833. These services are available 24/7 to provide support and help.

**Space for your notes**

For more information contact:

CALL 13 HEALTH
(13 43 25 84)  
ALCOHOL AND DRUG Information Service (ADIS)
1800 177 833

These services are confidential with experienced professionals. They can be contacted 24 hours a day 7 days a week.

All information contained in this sheet has been supplied by qualified professionals as a guideline for care only. Seek medical advice, as appropriate, for concerns regarding you and your child’s health.

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