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This table details drinking guidelines issued by government bodies regarding alcohol consumption by women who may become pregnant, are pregnant, or are breastfeeding, in all countries for which IARD has been able to verify the information with the respective national authorities or through publicly accessible documents. Recommendations for other healthy adults are detailed separately in the table Drinking guidelines: General population. Standard drinks are shown in grams of ethanol. It is updated on an ongoing basis as government entities publish and revise their guidelines. The listed update date for this table indicates when IARD last conducted a review of records across all countries. Suggested citation: International Alliance for Responsible Drinking (IARD). (2019). Drinking guidelines for pregnancy and breastfeeding. Retrieved from If you find any of the information outdated, please email us at RegDB@iard.org. The resources on this website are not intended as health advice to individuals about their drinking. People with specific questions about their drinking are encouraged to consult a healthcare professional. Together, they can determine what is best for that individual, based on individual risk factors, including family history, genetics, and lifestyle. For some people, the better choice may be to not drink at all. IARD Policy Tables are provided for informational purposes only, and should not be construed as legal advice on any subject matter. All IARD materials include a date of content review and they should be read in their entirety and not misrepresented or taken out of context. Download PDF Alcohol and Pregnancy (Text Version) [Profile view of a pregnant figure, colored in shades of blue] If you drink alcohol during pregnancy, your baby may be at risk of lifelong birth defects. Moderate Drinking: What's the Risk? There is no safe amount or type of alcohol use during pregnancy. Even moderate drinking (one drink a day) can cause lifelong problems for your baby. These problems may be less obvious than those caused by heavy drinking. They may include problems with: Coordination Behavior Attention Learning Understanding consequences Heavy Drinking: What's the Risk? Heavy drinking is having more than three drinks per occasion or more than seven drinks per week. The most severe result of heavy drinking during pregnancy is called fetal alcohol syndrome (FAS). FAS can cause serious birth defects for your baby, including: Problems with brain development Lower-than-average height and weight Smaller-than-normal head size Abnormal facial features [Illustration of a baby] Did You Know? No drinks are safe. One beer, one shot of liquor, one mixed drink, and one glass of wine all contain about the same amount of alcohol. If you are trying to get pregnant, you should not drink alcohol. Didn't know you were pregnant? While no amount or type of alcohol is safe during pregnancy, serious harm is unlikely if you drank before you knew you were pregnant. The most important thing is to stop drinking alcohol when you find out you are pregnant [Illustration of a wine glass, wine bottle, and beer bottle with a no symbol (red circle with diagonal red line)] Alcohol-related birth defects are completely preventable. Do not drink alcohol during pregnancy. If it is hard for you to stop drinking, talk with your obstetrician-gynecologist (ob-gyn) or other health care professional about getting help. You also can visit the Alcoholics Anonymous website at www.aa.org or call the Substance Abuse and Mental Health Services Administration's treatment referral line at 800-662-HELP (4357). During your first prenatal visit, or at any time throughout your pregnancy, your ob-gyn or other health care professional can offer advice about avoiding alcohol while pregnant. The American College of Obstetricians and Gynecologists believes that pregnant women who are dependent on alcohol should receive counseling and medical support to help them stop drinking. [ACOG logo] PFS1015: This information is designed as an educational aid to patients and sets forth current information and opinions related to women's health. It is not intended as a statement of the standard of care, nor does it comprise all proper treatments or methods of care. It is not a substitute for a treating clinician's independent professional judgment. For ACOG's complete disclaimer, visit www.acog.org/WomensHealth-Disclaimer. Copyright December 2018 by the American College of Obstetricians and Gynecologists. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, posted on the internet, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without prior written permission from the publisher. Download and print this advisory in English pdf icon[223 KB, 2 Pages, 508] and Spanish pdf icon[167 KB, 2 Pages, Print Only] Order free English and Spanish cards » This information outlines the effects of drinking alcohol on your baby's development while you are pregnant. This information is for you if you are pregnant or are planning to have a baby. It may also be helpful if you are a partner, relative or friend of someone who is pregnant or planning a pregnancy. The information here aims to help you better understand your health and your options for treatment and care. Your healthcare team is there to support you in making decisions that are right for you. They can help by discussing your situation with you and answering your questions. Information covered in this leaflet: How drinking alcohol will affect your unborn baby What fetal alcohol spectrum disorder (FASD) and fetal alcohol syndrome (FAS) are Information about breastfeeding Further information and support available See a full glossary of medical terms. There are a number of reasons why women might drink too much alcohol while they are pregnant: they might not know they are pregnant they might feel under pressure to drink when with friends they might be trying to cope with problems and stress they might not be aware of the risks of drinking alcohol during pregnancy. If you would like to talk to someone about your drinking, you can speak to your midwife, obstetrician, practice nurse, GP or health visitor. Once they know how you are feeling and why you are drinking, the person you tell will be in a better position to offer you the right help and information. It may be helpful to think about the questions below: How much and how often have you been drinking? Are you unable to remember what happened on an occasion when you were drinking? Has your behaviour changed because of your drinking? Has a relative, friend, work colleague, doctor or health worker expressed concern about your drinking? You will be supported directly or given advice about where to find local counselling or support services available to you. See the Further information section below. UK Chief Medical Officers' Low Risk Drinking Guidelines (Department of Health, 2016), which is available at: www.gov.uk/government/publications/alcohol-consumption-advice-on-low-risk-drinking Drinkline is the national alcohol helpline: if you're worried about your own or someone else's drinking, you can call this free helpline, in complete confidence; call 0300123 1110 (weekdays 9 am to 8 pm, or weekends 11 am to 4 pm) NOFAS-UK (National Organisation for Foetal Alcohol Syndrome-UK): www.nofas-uk.org Sources and acknowledgements This information has been developed by the RCOG Patient Information Committee. It is based on the UK Chief Medical Officers' Low Risk Drinking Guidelines (Department of Health, 2016), which is available at: www.gov.uk/government/publications/alcohol-consumption-advice-on-low-risk-drinking. This leaflet was reviewed before publication by the RCOG Women's Network and by the RCOG Women's Voices Involvement Panel. Experts are still unsure exactly how much - if any - alcohol is completely safe for you to have while you're pregnant, so the safest approach is not to drink at all while you're expecting. The Chief Medical Officers for the UK recommend that if you're pregnant or planning to become pregnant, the safest approach is not to drink alcohol at all to keep risks to your baby to a minimum. Drinking in pregnancy can lead to long-term harm to the baby, with the more you drink, the greater the risk. When you drink, alcohol passes from your blood through the placenta to your baby. A baby's liver is one of the last organs to develop and does not mature until the later stages of pregnancy. Your baby cannot process alcohol well, and exposure to alcohol can seriously affect their development. Drinking alcohol during pregnancy increases the risk of miscarriage, premature birth and your baby having a low birthweight. It can also affect your baby after they're born. Drinking during pregnancy can cause your baby to develop a serious condition called foetal alcohol spectrum disorder (FASD). FASD can cause problems with: learning and behaviour, joints, bones, muscles and some organs, managing emotions and developing social skills, hyperactivity and impulse control, communication, such as problems with speech. The risk is likely to be greater the more you drink. It may not be as difficult as you think to avoid alcohol completely during pregnancy, as many women go off the taste of alcohol early in pregnancy. Most women do give up alcohol once they know they're pregnant or when they're planning to become pregnant. Women who find out they're pregnant after already having drunk in early pregnancy should avoid further drinking. However, they should not worry unnecessarily, as the risks of their baby being affected are likely to be low. If you're concerned, talk to a midwife or doctor. If you do decide to drink when you're pregnant, it's important to know how many units you are consuming. One UK unit is 10 millilitres (ml) - or 8 grams - of pure alcohol. This is equal to: just under half a pint of cider (218ml) at 4.5% alcohol by volume (ABV: you can find this on the label) just under half a pint of beer (250ml) at 4% ABV a single measure of spirit (25ml), such as whisky, gin, rum or vodka, at 40% ABV just under half a standard glass of wine (76ml) at 13% ABV You can find out how many units there are in different types and brands of drinks with the Drinkaware unit and calorie calculator. If you have an Android smartphone, iPhone, iPad or iPod touch, you can download the free One You Drinks Tracker from Google Play or the iTunes App Store. It allows you to keep a drinks diary and get feedback on your drinking. Read more about alcohol units. If you have difficulty cutting down what you drink, talk to a midwife, doctor or pharmacist. Confidential help and support is also available from local counselling services: Drinkline - the national alcohol helpline; if you're worried about your own or someone else's drinking, call this free helpline on 0300 123 1110 (weekdays 9am to 8pm, weekends 11am to 4pm) We Are With You - a UK-wide treatment agency that helps individuals, families and communities manage the effects of alcohol and drug misuse Alcoholics Anonymous (AA) - a free self-help group; its "12-step" programme involves getting sober with the help of regular support groups Find your nearest alcohol support services. Read more advice on cutting down your drinking. Find maternity services near you. Page last reviewed: 29 January 2020 Next review due: 29 January 2023

Alcohol often has harmful interactions with prescription medications, over-the-counter drugs, and even some herbal remedies. Alcohol interactions with ... NICE guidelines . Review the evidence across broad health and social care topics. Includes COVID-19 guidelines, clinical guidelines and antimicrobial prescribing guidelines. Technology appraisal guidance . Review clinical and cost effectiveness of new treatments. Diagnostics guidance . Review new diagnostic technologies for adoption in the NHS. Alcohol and pregnancy. The Chief Medical Officers' guidelines are: If you are pregnant or think you could become pregnant, the safest approach is not to drink alcohol at all, to keep risks to your baby to a minimum. Drinking in pregnancy can lead to long-term harm to the baby, with the more you drink the greater the risk. The Clinical Practice Guidelines: Pregnancy Care (the Guidelines) continue the process of providing high quality evidence-based guidance to maternity service providers and the consumers of their care. This process started in 2008 with the development of Module 1 (Clinical Practice Guidelines: Antenatal Care), and its subsequent release in 2012. 14/12/2021 . There is no safe time for alcohol use during pregnancy. Alcohol can cause problems for the baby throughout pregnancy, including before a woman knows she is pregnant. Alcohol use in the first three months of pregnancy can cause the baby to have abnormal facial features. Growth and central nervous system problems (e.g., low birthweight) . Drinking alcohol during pregnancy increases the risk of miscarriage, premature birth and your baby having a low birthweight. It can also affect your baby after they're born. Drinking during pregnancy can cause your baby to develop a serious condition called foetal alcohol spectrum disorder (FASD). FASD can cause problems with: learning and behaviour, joints, bones, muscles and some organs, managing emotions and developing social skills, hyperactivity and impulse control, communication, such as problems with speech. The risk is likely to be greater the more you drink. It may not be as difficult as you think to avoid alcohol completely during pregnancy, as many women go off the taste of alcohol early in pregnancy. Most women do give up alcohol once they know they're pregnant or when they're planning to become pregnant. Women who find out they're pregnant after already having drunk in early pregnancy should avoid further drinking. However, they should not worry unnecessarily, as the risks of their baby being affected are likely to be low. If you're concerned, talk to a midwife or doctor. If you do decide to drink when you're pregnant, it's important to know how many units you are consuming. One UK unit is 10 millilitres (ml) - or 8 grams - of pure alcohol. This is equal to: just under half a pint of cider (218ml) at 4.5% alcohol by volume (ABV: you can find this on the label) just under half a pint of beer (250ml) at 4% ABV a single measure of spirit (25ml), such as whisky, gin, rum or vodka, at 40% ABV just under half a standard glass of wine (76ml) at 13% ABV You can find out how many units there are in different types and brands of drinks with the Drinkaware unit and calorie calculator. If you have an Android smartphone, iPhone, iPad or iPod touch, you can download the free One You Drinks Tracker from Google Play or the iTunes App Store. It allows you to keep a drinks diary and get feedback on your drinking. Read more about alcohol units. If you have difficulty cutting down what you drink, talk to a midwife, doctor or pharmacist. Confidential help and support is also available from local counselling services: Drinkline - the national alcohol helpline; if you're worried about your own or someone else's drinking, call this free helpline on 0300 123 1110 (weekdays 9am to 8pm, weekends 11am to 4pm) We Are With You - a UK-wide treatment agency that helps individuals, families and communities manage the effects of alcohol and drug misuse Alcoholics Anonymous (AA) - a free self-help group; its "12-step" programme involves getting sober with the help of regular support groups Find your nearest alcohol support services. Read more advice on cutting down your drinking. Find maternity services near you. Page last reviewed: 29 January 2020 Next review due: 29 January 2023

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