

Alcohol Use in Pregnancy

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Drinking alcohol during your pregnancy can harm your baby.

Your baby might not grow so well or it might be born early.

There is no known safe level of drinking alcohol.

It is best not to drink alcohol at all when you are pregnant.

What is Fetal Alcohol Spectrum Disorder (FASD)?

It is damage caused to your baby's nervous system from drinking alcohol. It has no cure.

Do you want to know more about FASD?

Please phone NOFASD, Australia. 1300 306 238.



Support

Have you drunk any alcohol during your pregnancy? You might be worried about the impact it can have on your growing baby. Please ask for a referral to the Substance Use in Pregnancy and Parenting Service (SUPPS).

Helpful telephone numbers:

ISLHD Antenatal Clinic Wollongong	4253 4256
Shoalhaven Antenatal Clinic	4429 2929
ISLHD Substance use in Pregnancy and Parenting Service	1300 652 226
Service/Department contact details	1300 652 226

Need an Interpreter? Professional interpreters are available if you need help to communicate with staff. Our staff can also ask for an interpreter. The service is free and confidential. We will book the interpreter for you. You can also call the Translating and Interpreting Service on 131 450 if you need to speak to us before your appointment.