



Remember

Methadone is one of several medicines used for Opioid Agonist Treatment (OAT) of opioid use disorder. You can still get pregnant even if you don't get your period.

A stable dose of OAT is a safe medicine to take, even when pregnant.

You can get pregnant and have a normal pregnancy and delivery while on OAT.

Talk to ODP staff if you are pregnant or planning on becoming pregnant.

A small amount of OAT medicine can be fatal to a child. Keep your medicine out of their reach.

Bonnyville Opioid Dependency Program

Room 201
4904 – 50 Avenue
Bonnyville, AB T9N 2J6
Phone: 780.826.8034
Fax: 780-826-8057

Calgary Opioid Dependency Program

#2130 Sheldon Chumir
Health Centre
1213 – 4th Street SW
Calgary, AB T2R 0X7
Phone: 403.955.3600
Fax: 403-297-4985

Cardston Opioid Dependency Treatment Clinic

Cardston Health Centre
144 – 2 Street W
Cardston, AB T0K 0K0
Phone: 403-653-5283
Fax: 403-653-5289

Edmonton Opioid Dependency Program

10225 - 106 Street
Edmonton, AB T5J 1H5
Phone: 780-342-7810 (Intake)
Fax: 780-342-7826

Fort McMurray Opioid Dependency Program

Unit 120; 339 Powder Drive
Fort McMurray, AB. T9K 0M4
Phone: 780.793.8339
Fax: 780.793.8341

Grande Prairie Opioid Dependency Program

11333 – 106 Street
Grande Prairie, AB T8V 6T7
Phone: 780-833-4991
Fax: 780-833-4715

High Prairie Opioid Dependency Program

5101 – 38 Street
High Prairie, AB T0G 1E0
Phone: 780-536-2136
Fax: 780-536-2148

Alberta Wide, Virtual Opioid Dependency Program

7 Days Per week: 8AM-8PM
Emergency Physician After
Hours Access (pharmacy or
client calls): 403-783-7770
Toll Free: 1-844-383-7688
Direct: 403-783-7688
Fax: 403-783-7610

For more information and
to find an addiction services
office near you, please
call the 24-hour Addiction
Helpline at 1-866-332-2322.



OPIOID AGONIST TREATMENT (OAT) AND FAMILY PLANNING

Your period

- Your period may be irregular while you are on OAT. It may be longer, shorter or may even stop for a while.
- Your period may be irregular for other reasons (such as pregnancy, stress, poor diet, weight changes, menopause, other medical conditions or other medicine).
- Once you have been on OAT for a while, your period may become more regular than it was before.
- You can still get pregnant, even if you miss a period or don't get your period.

Family planning

- You can get pregnant and have a normal pregnancy and delivery while on OAT.
- If you're having sex and don't want to become pregnant, you need to use contraception.
- ODP staff can provide you with information on contraception or refer you to a family planning counsellor.
- ODP staff can provide you with a pregnancy test.

OAT and pregnancy

- Studies recommend OAT as the treatment of choice for pregnant women who have an addiction to opioids.
- OAT reduces risks to you and your baby.
- There is no evidence to show that there is any risk to your baby's development while you are on a stable dose of OAT medicine.
- Stopping OAT medicine suddenly can be dangerous for you and your baby, and should only be done under medical supervision.
- Premature birth and low birth weight can be associated with cigarette smoke, poor nutrition, and alcohol and other drug use during pregnancy.
- When you go into labour, it's important to make sure the doctor and nurses caring for you know you have been taking OAT medicine (as well as any other drugs you have used recently). This will help them take the best care of you and your baby.
- If you are pregnant or planning on becoming pregnant, be sure to talk with ODP clinic staff. When you're pregnant, your OAT medicine dose will likely need to be adjusted.

OAT and breastfeeding

- Small amounts of OAT in breast milk can pass to the baby, but these levels are low.
- Breastfeeding is considered safe for your baby if you're taking OAT, but not safe if you are HIV positive, or if you're using or injecting other drugs.
- Breastfeeding helps make your baby strong and can help protect him or her from diseases.

OAT and children

- Babies born to mothers who are on OAT medicine will have some OAT medicine in their system, and some babies will go through withdrawal. If this happens, your baby can be safely cared for while the OAT medicine clears out of their system. This must be done under medical supervision.
- You must not try to detox the baby yourself, or ever give OAT medicine to a child. Even a small amount of OAT medicine can be fatal to a child.
- Because OAT medicine are very dangerous for children, always store your medicine in a safe place where they cannot reach it. Ask your pharmacist to put your medicine in a child-resistant bottle, and keep your medicine in a locked cupboard or somewhere high and out of sight where it can't be reached by climbing.
- Talk to your children about the dangers of all medicine.