



Remember

You can still get pregnant even if you don't get your period.

A stable dose of methadone is a safe medication to take, even when pregnant.

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

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

A small amount of methadone can kill a child. Keep your methadone out of their reach.

Bonnyville Opioid Dependency Program

Room 201
4902 – 50 Avenue
Bonnyville, AB T9N 2H4
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: 403-297-5118
Fax: 403-297-4985

Cardston Opioid Dependency Treatment Clinic

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

Edmonton Opioid Dependency Program

10010 – 102A Avenue
Edmonton, AB T5J 0G5
Phone: 780-422-1302
Fax: 780-427-0777

Fort McMurray Opioid Dependency Program

451 Sakitawaw Trail
Fort McMurray, AB T9H 4P3
Phone: 780-793-8300
Fax: 780-793-8301

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

Rural Opioid Dependency Program

Box 1000
Ponoka, AB, T4J 1R8
Phone: 1-844-383-7688
Fax: 403-783-7610

For a complete listing of treatment clinics for opioid dependence in Alberta, visit DrugSafe.ca

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



METHADONE AND WOMEN



Your period

- Your period may be irregular while you are on methadone. 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 medications).
- Once you have been on methadone 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 methadone.
- 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.

Methadone and pregnancy

- You may have heard that you shouldn't take methadone while you are pregnant. This is not true.
- Studies recommend methadone as the treatment of choice for pregnant women who have an addiction to opioids.
- Methadone 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 methadone.
- Stopping methadone 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 methadone (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 methadone dose will likely need to be adjusted.

Methadone and breastfeeding

- Small amounts of methadone in breast milk can pass to the baby, but these levels are low.
- Breastfeeding is considered safe for your baby if you're taking methadone, 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.

Methadone and children

- Babies born to mothers who are on methadone will have some methadone in their system, and some babies will go through withdrawal. If this happens, your baby can be detoxed in a few days with no harmful effects. This must be done under medical supervision.
- You must not try to detox the baby yourself, or ever give methadone to a child. Even a small amount of methadone can kill a child.
- Because methadone is very dangerous for children, always store your methadone in a safe place where they cannot reach it. Ask your pharmacist to put your methadone in a child-resistant bottle, and keep your methadone 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 medications.