



Pregnant women and detox: the first 24 hours

What is detox?

Detox is a place that can help you safely stop drinking or using drugs. Detox staff can help you get stable and ready for treatment.

How long will I be in detox?

Every person is different. The time you need in detox depends on a lot of things, including:

- How your body reacts to detox
- What substances you were using
- If you have other health or mental health problems

What will happen to me during detox?

- A doctor or nurse will give you a physical exam and ask you about your alcohol and other substance use. It is important that you tell detox staff about everything you are taking, even things that are legal or were prescribed. Some medications or drugs are harmful if combined, so it's important that the doctor knows everything that might be in your system.
- Your body is used to taking drugs, and it feels sick without them. The sickness you feel is called withdrawal.
- At detox, your doctor may give you medicines to protect you and your baby until you are stable.
- Medication assisted treatment is safe for pregnant women who are using opiates, and you can talk to the medical staff at detox about your options.

You need to call your insurance provider right away and let them know you are in detox. Ask them what other services they can offer to support your recovery and your pregnancy. The phone number to call is on the back of your insurance card. There may be two numbers to call: one for 'behavioral' health and one for other health care. Call both numbers.

What if I don't have insurance?

All state-funded detox programs can help you apply for insurance through MassHealth. Contact the Health Connector at toll-free **1-877-623-6765** or visit **www.mahealthconnector.org**. You can also apply for MassHealth yourself by calling toll-free **1-800-841-2900** or visiting **Mass.gov/eohhs/gov/departments/masshealth**. Both provide health insurance for pregnant women with different options depending on your income.

Stay hopeful. You are taking the first step
in getting healthy for you and your baby.



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I just found out I'm pregnant.

Many women find out they are pregnant when they come to detox. This is because all women take a pregnancy test when they start detox.

If you don't have a doctor for your pregnancy (called an obstetrician or OB), the detox staff may be able to help you find one.

You may not know what you want to do about your pregnancy.

These are difficult choices to make. The feelings you are having in detox may make it even harder for you to decide. If you want to discuss your choices about the pregnancy, you can talk with your doctor or call a counseling agency like Planned Parenthood at toll-free **1-800-230-7526**; or contact the Massachusetts Adoption Resource Exchange (MARE) at **1-617-542-3678** or **www.mareinc.org**.

Detox staff is here to help you.

Talk to them about how you are feeling and ask them questions. It is especially important to talk to them if you:

- Have children at home and need someone to take care of them
- Are being abused by a partner
- Are depressed or thinking about suicide

**Before you leave, detox staff
will help you make a plan.**

