

# Alcohol, Contraception, and Preconception

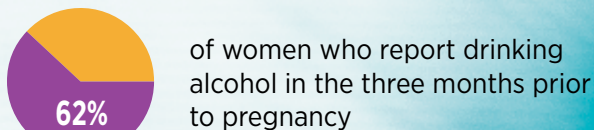
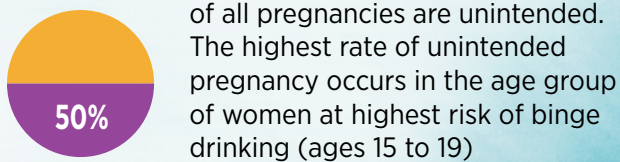
## Information for Service Providers

Most FASD prevention efforts focus on *avoiding alcohol use during pregnancy*, but another option is to *prevent pregnancy during alcohol use*. Service providers can work towards ensuring effective and accessible contraception for all women who drink alcohol during their childbearing years and can address alcohol use with women who are considering or planning a pregnancy.

### Strategies for Reducing Alcohol-Exposed Pregnancies

- 1 Reducing alcohol use
- 2 Increasing use of effective Contraception
- 3 Both reducing alcohol use and increasing use of effective contraception

### Alcohol Use and Unintended Pregnancies



### Preconception Care: Helping Women Prepare for Pregnancy

**While 50% of pregnancies are unplanned, this also means that 50% of pregnancies are planned. Service providers can help women to consider:**

- ▶ What are the reasons I choose to drink?
- ▶ In what ways is alcohol a part of my life?
- ▶ How would I feel about not drinking at all at the next party I am invited to?
- ▶ Do I associate drinking with smoking, eating, watching TV or other activities?

### Can Alcohol Use Affect Fertility?

Emerging research suggests that alcohol use can have both short- and long-term effects on fertility.

- ▶ Light drinking (1-5 drinks a week) can reduce a woman's chances of conceiving.
- ▶ Long-term heavy drinking can cause adult women to have irregular periods or stop ovulating, cause periods to stop altogether or they can have an early menopause.
- ▶ Heavy drinkers who do become pregnant are more likely to have a miscarriage.
- ▶ Heavy drinking or binge drinking can lead to vomiting and reduce the effectiveness of the birth control pill (emergency contraception is an option).

Adapted with permission from the BC Centre of Excellence for Women's Health.  
For more information on their work visit: Coalescing on Women and Substance Use • [www.coalescing-vc.org](http://www.coalescing-vc.org)

To read a short information package on this topic which includes information on what you can do to help as a service provider, where to make a referral in Manitoba, and much more, visit [manitoba.ca/healthychild/fasd/resources.html](http://manitoba.ca/healthychild/fasd/resources.html)

