

# North Florida OB GYN, LLC

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**I UNDERSTAND IT WILL HURT MY BABY IF I SMOKE CIGARETTES WHILE I AM PREGNANT.**

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It is a medical fact that smoking increases the risk for miscarriage and still-birth. The babies of mothers who smoke are smaller babies of non-smokers, and small babies have a greater chance of dying soon after birth. Babies of smoking mothers are also more likely to die of Sudden Infant Death Syndrome in the first 6 months after they are born.

**I UNDERSTAND THAT IT WILL HURT MY BABY IF I DRINK ALCOHOLIC BEVERAGES WHILE I AM PREGNANT.**

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A Bottle of beer, a glass of wine, or one drink of liquor all contain the same amount of alcohol. When a pregnant woman drinks alcohol, it crosses the placenta and affects the unborn baby. The babies of women who drink a lot are severely damaged. They are often small at birth, have unusual-looking faces, and are mentally retarded. Infants of women who drink less are less severely affected. No one knows how much alcohol it takes to cause damage. The less you drink, the better. Not drinking at all is the best.

**I UNDERSTAND THAT IT WILL HURT MY BABY IF I USE ILLEGAL DRUGS WHILE I AM PREGNANT.**

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Whether they are called illegal drugs, "street" drugs, or "recreational" drugs, they are dangerous to the unborn baby. Drugs used by the pregnant woman cross the placenta, and just as adults become addicted, the unborn baby may become addicted. Just as an adult may suffer severe "withdrawal" sickness when drugs are not available, the baby may be ill with poor sleep, extreme irritability, or seizures (convulsions) after birth. Use only the medications prescribed or approved by your physician.

**I UNDERSTAND THAT I AM RESPONSIBLE FOR THE HEALTH AND SAFETY OF MY UNBORN, AND THAT I SHOULD NOT SMOKE, DRINK, OR USE ILLEGAL DRUGS WHILE PREGNANT. I UNDERSTAND THAT IN ORDER TO GIVE MY BABY THE BEST POSSIBLE START IN THE WORLD, I SHOULD GET REGULAR MEDICAL CHECK-UPS AND FOLLOW THE ADVICE OF MY PHYSICIAN.**

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(Date)

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(Signed)