

**NEW!**

## Exposure to Psychotropic Medications and Other Substances during Pregnancy and Lactation

### A Handbook for Health Care Providers

Developed through a partnership between Motherisk and the Centre for Addiction and Mental Health

- ISBN 978-0-88868-601-5 • 115 pages • coil bound • published 2007 • product code P134
- \* \$29.95 plus applicable shipping and handling costs

A great deal of misinformation exists about women's use of substances during pregnancy and lactation. A health care provider's challenge is to know the true risks and benefits, both to the mother and to her fetus or baby, of taking versus stopping the use of a medication or other substance. Yet the average provider is not well equipped to give the best advice to women who are pregnant or breastfeeding and exposed to psychotropics.

- "Is it ever safe to drink alcohol when breastfeeding?"
- "What are the risks to the baby if the mother uses cannabis while pregnant or breastfeeding?"
- "Are the effects of smoking different during pregnancy versus during breastfeeding?"
- "What is the effect of cocaine on the fetus or neonate?"
- "If a woman stops taking an antidepressant when she becomes pregnant, how will this affect her and the fetus?"
- "Can a woman safely breastfeed her baby when taking codeine?"

*Exposure to Psychotropic Medications and Other Substances during Pregnancy and Lactation: A Handbook for Health Care Providers* is a convenient source of evidence-based information and recommendations on these and many other questions for primary

care physicians, psychiatrists, pharmacists, obstetricians, midwives, public health nurses and nurse practitioners.

The handbook:

- details the properties and effects of many psychotropic medications and other substances, and provides recommendations for how to advise women using these substances
- dispels common myths about drug exposure during pregnancy and lactation
- discusses key principles for clinical approaches to working with pregnant or breastfeeding women who use psychotropic medications or other substances
- reviews the concepts of addiction, dependence and abuse
- covers screening best practices and provides screening tools
- explores the critical therapeutic role that all health professionals can play in helping women move toward better health outcomes for themselves and their babies.

\* The production of this handbook has been made possible through a financial contribution from Health Canada.

For information on other CAMH publications or to place an order, please contact:

Sales and Distribution:  
 Toll-free: 1 800 661-1111  
 Toronto: 416 595-6059  
 E-mail: [publications@camh.net](mailto:publications@camh.net)

Website: [www.camh.net](http://www.camh.net)

CAMH also offers a free webinar series to complement this handbook. For information and the full schedule, please visit: [www.camh.net/education/Online\\_courses\\_webinars/safe\\_baby\\_webinars.html](http://www.camh.net/education/Online_courses_webinars/safe_baby_webinars.html)

Disponible en français sous le titre : *Exposition aux psychotropes et à d'autres substances pendant la grossesse et l'allaitement : Ressource pour les fournisseurs de soins de santé* (Printemps 2008)

Order form on the back

# ORDER FORM



Centre for Addiction and Mental Health  
Centre de toxicomanie et de santé mentale

## HOW TO ORDER

Visit our website at: [www.camh.net/publications](http://www.camh.net/publications)

<b>MAIL</b> Centre for Addiction and Mental Health Sales and Distribution 33 Russell Street Toronto, Ontario, Canada M5S 2S1	<b>FAX</b> Fax this form along with credit card or purchase order information to: <b>416 593-4694</b>  <b>E-MAIL</b> <b><a href="mailto:publications@camh.net">publications@camh.net</a></b>	<b>TOLL-FREE BY TELEPHONE</b> <b>1 800 661-1111</b>  Toronto area and outside continental North America: <b>416 595-6059</b>  <b>ONLINE</b> <b><a href="http://store.camh.net">http://store.camh.net</a> (coming soon)</b>
---	--	--

Please print clearly

### 1. SHIP TO:

### 2. BILL TO:

NAME \_\_\_\_\_

ORGANIZATION \_\_\_\_\_

JOB TITLE/DEPT. NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ PROVINCE / STATE \_\_\_\_\_

COUNTRY \_\_\_\_\_ POSTAL CODE / ZIP \_\_\_\_\_

(      ) \_\_\_\_\_

TELEPHONE NO. \_\_\_\_\_ EXT. \_\_\_\_\_

NAME \_\_\_\_\_

ORGANIZATION \_\_\_\_\_

JOB TITLE/DEPT. NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ PROVINCE / STATE \_\_\_\_\_

COUNTRY \_\_\_\_\_ POSTAL CODE / ZIP \_\_\_\_\_

(      ) \_\_\_\_\_

TELEPHONE NO. \_\_\_\_\_ EXT. \_\_\_\_\_

### 3. ITEMS ORDERED

PRODUCT CODE	PRODUCT TITLE	QUANTITY	UNIT PRICE	PRICE EXTENSION
P134	Exposure to Psychotropic Medications and Other Substances during Pregnancy and Lactation		\$29.95	\$

CAMH GST registration no. 869673095RT0001

Customer's GST exemption no. \_\_\_\_\_

\* Canadian orders subject to 10% shipping and handling; all other countries, please add 15%.

† GST applies to Canadian orders only. Residents of Nova Scotia, New Brunswick and Newfoundland, please add 13% HST.

†† U.S. orders are welcome. Total charge is determined by credit card company, based on exchange rate.

Total merchandise \$ \_\_\_\_\_

Add shipping and handling\* + \_\_\_\_\_

Subtotal = \_\_\_\_\_

Add 5% GST† + \_\_\_\_\_

Total†† = \_\_\_\_\_

### 4. METHOD OF PAYMENT

Cheque or money order payable to the Centre for Addiction and Mental Health in the amount of \$ \_\_\_\_\_ enclosed.

Visa     MasterCard     Amex    Credit card no. \_\_\_\_\_    Expiry date: \_\_\_\_\_ / \_\_\_\_\_  
MONTH    YEAR

Name on card \_\_\_\_\_

Purchase order no. \_\_\_\_\_    Signature \_\_\_\_\_

Accounting unit (CAMH staff only) \_\_\_\_\_

I would like to receive further information about upcoming CAMH courses, publications and special offers.  
 Please note that if you opt in to receive information on upcoming courses, publications and special offers that might be of interest to you, your information will not be distributed to any third parties at any time. If you would like to be removed from this mailing list at any time, please contact us at 1 800 661-1111, or 416 595-6059 in Toronto, or e-mail [publications@camh.net](mailto:publications@camh.net).