



**IF YOU ARE
PREGNANT...**

**...THE SAFEST
OPTION IS NOT
TO DRINK
ALCOHOL**

There are new national guidelines for alcohol consumption that have been developed by the National Health and Medical Research Council to help you reduce the risk of harm from alcohol to both you and your baby.

The guidelines are based on the best available scientific research and evidence.

Consuming alcohol during pregnancy may increase the risk of harm to your baby.

WHAT DO THE GUIDELINES RECOMMEND?

- ▶ For women who are pregnant or planning a pregnancy, the safest option is not to drink alcohol.

IF YOU FIND IT DIFFICULT TO DECREASE OR STOP DRINKING ALCOHOL DURING PREGNANCY, TALK TO:

- ▶ your doctor or midwife
- ▶ your local community health service
- ▶ an alcohol or other drug helpline in your State/Territory

The advice in this brochure does not replace advice from your health care provider.

For more information about the new Australian Guidelines to Reduce Health Risks from Drinking Alcohol go to www.alcohol.gov.au



Australian Government

Department of Health and Ageing