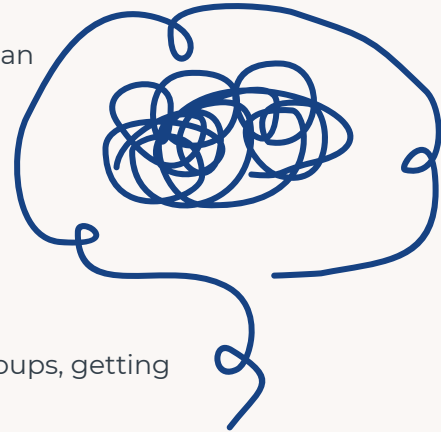




What is ADHD?

Attention Deficit Hyperactivity Disorder (ADHD) is a mental health disorder that can affect:

- Attention - focusing on tasks and paying attention
- Hyperactivity - constantly moving, fidgeting, or talking too much
- Impulsivity - acting without thinking and difficulty with self-control



ADHD Treatment Options

- Non-medication treatments include cognitive-behavioral therapy, support groups, getting extra help at school, and learning organizational skills
- The most common medications used to treat ADHD are prescription stimulants such as prescription amphetamines and methylphenidate



Are there any risks in taking prescription stimulants during pregnancy?

- There is **no** consistent evidence that use of ADHD stimulant medications during pregnancy increases the risk of:
 - birth defects
 - preterm delivery
 - neonatal intensive care unit admission
 - low birth weight
 - placental abruption
 - neurodevelopmental disorders
 - growth impairment
- Some studies suggested that methylphenidate use during pregnancy may be linked to a slightly higher rate of miscarriage. Other studies suggest that this might be related to ADHD and other associated factors, and not methylphenidate

Prescribed stimulants while nursing

- No serious adverse effects were reported in infants exposed to stimulants via breastmilk
- Use of stimulants not as prescribed or those purchased through the street supply has been associated with adverse pregnancy and infant outcomes
- Nursing is not recommended with use of stimulants purchased through the street supply or when not used as prescribed

For more information visit <https://firstexposure.ca/attention-deficit-hyperactivity-disorder-adhd-in-pregnancy-and-lactation/> or scan the QR code.



This information does not replace the medical care and advice from your healthcare provider. Please contact your healthcare provider for any questions you may have.

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