

**Being alcohol
free is the best
choice for me**



No Alcohol, No Alcohol Harm



The Chief Medical Officers across the UK have agreed on alcohol guidelines for pregnant women and those who are trying for a baby. The advice is:

If you are pregnant or think you could become pregnant, the safest approach is not to drink alcohol at all, to keep risks to your baby to a minimum. Drinking in pregnancy can lead to long-term harm to the baby, with the more you drink the greater the risk.

- All alcohol a woman drinks while pregnant reaches the growing baby
- In the womb, the baby grows and develops every day during pregnancy, so ANY alcohol drunk while pregnant carries the risk of affecting the baby's development
- The only way to remove the risks from alcohol harm is to avoid drinking alcohol if you are thinking of becoming pregnant, trying for a baby or if you are pregnant

The risk of harm to the baby is likely to be low if you have drunk small amounts of alcohol before you knew you were pregnant but you should stop drinking now.

For further information, please speak to your midwife or other health professional or read the government guidelines here:

<https://www.nhsinform.scot/healthy-living/alcohol/low-risk-drinking-guidelines/>



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