

# It is safest not to drink alcohol while pregnant.



**The National Health and Medical Research Council (NHMRC) recommends that if you are planning a pregnancy, pregnant or breastfeeding, 'it is safest not to drink alcohol'.**

If you are pregnant or planning a pregnancy and need to talk to someone immediately, call the Australian Government's Pregnancy, Birth and Baby Helpline on 1800 882 436.

Of course, this advice does not replace advice from your health care provider. If you are concerned about your own drinking, consult your General Practitioner.



DrinkWiseAustralia

**DRINKWISE.ORG.AU/PREGNANCY**



**IT IS SAFEST NOT TO DRINK WHILE PREGNANT.**



DrinkWise Australia has worked with the various sectors of the Alcohol Industry to bring you this important information. This project was funded by the Australian Government's Department of Health and Ageing.