



# Women who are pregnant or planning a pregnancy should not drink alcohol.

To prevent harm from alcohol to their unborn child, women who are pregnant or planning a pregnancy should not drink alcohol. For women who are breastfeeding, not drinking alcohol is safest for their baby.

If you would like more information on the risks and effects of consuming alcohol during pregnancy, please consult your doctor, obstetrician or midwife.

**DrinkWise**