



Alcohol

This sheet is about exposure to alcohol in pregnancy and while breastfeeding. This information is based on published research studies. It should not take the place of medical care and advice from your healthcare provider.

What is alcohol?

Alcohol is the ingredient in beer, malt liquor, wine, and spirits (“hard liquor”) that can cause feelings of being “buzzed” or drunk. Alcohol can be found in some canned and bottled beverages such as hard lemonade, hard iced tea and others. Alcohol is also an ingredient in some over the counter and prescription medications such as cough syrup, liquid vitamins and others. Alcohol can be listed in products as ethanol, ethyl alcohol or alcohol.

One standard serving of beer (12 ounces), malt liquor (8 ounces), wine (5 ounces), and spirits (1.5 ounces) all contain similar amounts of alcohol. Medications and liquid vitamins might contain from 5% alcohol to 12% or more.

The measurement of the amount of alcohol in the blood is called blood alcohol concentration (BAC). Binge drinking has been defined as a pattern of drinking alcohol that results in a BAC of 0.08% or more. This typically happens if a female has 4 or more drinks in about 2 hours. (For males, it is typically 5 or more drinks within about 2 hours). Heavy alcohol use in females has been defined as consuming 4 or more drinks on any day or 8 or more drinks per week. (For males, it has been defined as consuming 5 or more drinks on any day or 15 or more per week.) While this can vary, it is recommended to avoid all alcohol use in pregnancy.

Help is available: Talk with your healthcare provider as soon as possible about your drinking. They can go over what resources are available to help you stop. If you do not have a healthcare provider or cannot get a hold of them and need help quitting, there is free help available. Call 800-662-HELP (4357) or visit <https://alcoholtreatment.niaaa.nih.gov/>.

Can I drink beers labeled “no-alcohol” or “low-alcohol” during pregnancy?

Beers labeled “no-alcohol” or “low-alcohol” might contain higher levels of alcohol than listed the label. For this reason, these beverages should be avoided in pregnancy.

I drink alcohol. Can it make it harder for me to get pregnant?

It is not known if drinking alcohol can make it harder to get pregnant. Some research raises concerns about heavy drinking and fertility (ability to get pregnant).

Does drinking alcohol increase the chance of miscarriage?

Miscarriage is common and can occur in any pregnancy for many different reasons. Studies on the chance of miscarriage with alcohol exposure during pregnancy have had mixed results. Some studies have found an increased chance of miscarriage and others have not. As there can be many causes of miscarriage, it is hard to know if alcohol, a medical condition being treated (such as depression), or other factors (such as age, health, other exposures, such as cigarettes) are the cause of a miscarriage.

Does drinking alcohol increase the chance of birth defects?

Birth defects can happen in any pregnancy for different reasons. Out of all babies born each year, about 3 out of 100 (3%) will have a birth defect. We look at research studies to try to understand if an exposure, like alcohol, might increase the chance of birth defects in a pregnancy.

Drinking alcohol in pregnancy can cause Fetal Alcohol Spectrum Disorder (FASD). FASD includes a range of effects related to alcohol exposure in pregnancy, from physical birth defects (including defects of the heart, kidneys, and bones) to changes in brain development. These effects can range from mild to severe. Depending on the specific effects or combination of effects, healthcare providers use different terms to describe different kinds of FASD.

The most severe form of FASD is Fetal Alcohol Syndrome (FAS). Children with FAS have a pattern of birth defects that include specific facial features, a smaller head and body size, and effects on brain development that can cause



significant challenges in learning and behavior.

The chance of FASD depends on how much alcohol is consumed during pregnancy, how often drinking occurs, and other factors such as genetics and nutrition. The risk can vary even for the same person across different pregnancies. Research has shown that daily drinking and binge drinking are associated with a higher risk of FASD, while the effects of smaller amounts of alcohol exposure are less certain.

I just found out I am pregnant and last weekend I had a beer. Will my baby have FASD?

Having a single serving of alcohol one time is much less concerning than heavy or binge drinking and is considered less likely to cause alcohol-related problems for the baby. However, it is recommended that you avoid further use of alcohol during your pregnancy.

Does drinking alcohol in pregnancy increase the chance of other pregnancy-related problems?

Drinking alcohol might increase the chance of preterm delivery (birth before week 37) and for the fetus to be smaller than expected. Studies have reported higher rates of stillbirth among people who drink alcohol during pregnancy.

If I drink alcohol in pregnancy, will it cause withdrawal symptoms in my baby after birth?

The use of alcohol late during pregnancy can cause temporary symptoms in newborns soon after birth. These symptoms are sometimes referred to as withdrawal. Symptoms of withdrawal can include involuntary shaking movements (tremors), increased muscle tone, restlessness, and excessive crying. It is important that your healthcare providers know about your alcohol use so that if symptoms occur your baby can get the care that is best for them.

Does drinking alcohol during pregnancy affect future behavior or learning for the child?

Prenatal alcohol exposure is a leading cause of problems with brain development in the United States. The effects of alcohol on brain development include problems with learning and memory, speech and language, aggression, attention, controlling emotions (tantrums, mood issues, impulsivity, communication, depression/anxiety), and problems with daily life skills such as bathing and playing with others.

Talk to your baby's healthcare provider about any alcohol use during pregnancy. They can check your baby after birth for possible effects and continue to watch for learning or behavior concerns as your child grows. While FASD cannot be cured, early diagnosis and support can help children do better. Your child's healthcare provider can also help connect you with services and resources for families affected by alcohol exposure during pregnancy.

What screenings or tests are available to see if my pregnancy has birth defects or other issues?

There are no tests available to diagnose FASD during pregnancy. Prenatal ultrasounds can be used to screen for some birth defects, such as heart or kidney defects. Ultrasound can also be used to watch the growth of the pregnancy. Talk with your healthcare provider about any prenatal screenings or testing that are available to you. There are no tests available during pregnancy that can tell how much effect there could be on future behavior or learning.

Breastfeeding while drinking alcohol:

Alcohol gets into breast milk. The amount of alcohol in breast milk is about the same as in the blood. Alcohol passes back and forth between the bloodstream and the breast milk. Only time can lower the amount of alcohol in breast milk. Pumping and discarding milk, drinking water, taking caffeine, or exercising do not help the body get rid of alcohol faster. It takes about 2 to 2.5 hours for each standard drink to clear from breast milk. Wait another 2-2.5 hours per drink for each additional drink. If needed, pumping during this time can help you stay comfortable and keep up your milk supply. Discarding this pumped milk will help to avoid exposing the baby to any alcohol in the milk. Drinking alcohol can also make it harder for the body to make milk.

The infant brain continues to grow after birth. Effects on child development from alcohol in breast milk are not well studied. One study suggested problems with motor development following exposure to alcohol in breast milk, but other studies did not show the same results. Some reports found that babies exposed to alcohol through breast milk might eat less and/or have changes in their sleeping patterns. If you suspect the baby has any symptoms, contact the child's healthcare provider.



Having more than one drink per day is not recommended while breastfeeding. However, since breastfeeding has known benefits for the baby, talk with your baby's healthcare provider about how much and how often you drink so they can help you weigh the risks and benefits of continuing to breastfeed. Be sure to talk to your healthcare provider about all your breastfeeding questions.

If a man drinks alcohol, could it affect fertility or increase the chance of birth defects?

Some studies have shown that drinking alcohol lowers men's fertility (ability to get a partner pregnant). Men's exposure to alcohol is not known to increase the chance of birth defects. In general, exposures that fathers or sperm donors have are unlikely to increase risks to a pregnancy. For more information, please see the MotherToBaby fact sheet Paternal Exposures at <https://mothertobaby.org/fact-sheets/paternal-exposures-pregnancy/>.

Please click **here** for references.

Questions? Call 866.626.6847 | Text 855.999.3525 | Email or Chat at MotherToBaby.org.

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