

What is NAS?

NAS refers to withdrawal symptoms babies may have if their mother used addictive drugs or opiates during pregnancy, such as:

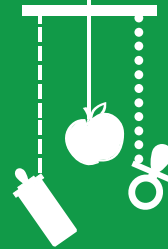
- Heroin
- Codeine
- Oxycodone
- Methadone
- Buprenorphine (Subutex or Suboxone)

Other substances that can harm your baby, and may cause withdrawal symptoms, include:

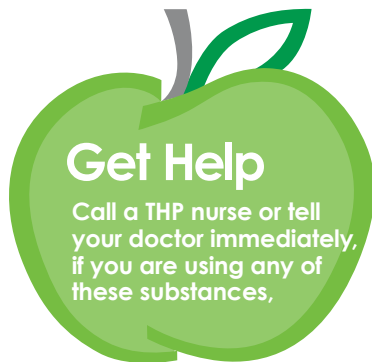
- Alcohol
- Nicotine (smoking)
- Amphetamines (speed)
- Barbiturates (downers)
- Cocaine / Crack
- Marijuana (pot)

great expectations

Great Expectations is a pregnancy education program provided by THP. Experienced obstetric nurses are available to talk to you about your pregnancy while behavioral health nurses are available to help you with your addiction. You may contact them through our website or call us directly at **1.800.624.6961** to speak with one of the perinatal care nurses.



Neonatal Abstinence Syndrome (NAS)



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Withdrawal

Withdrawal occurs because the baby is no longer getting the drug(s) he or she was getting from your blood while you were pregnant. Symptoms usually start one to three days after birth but can take up to a week. Your baby may need to stay in the hospital after you go home for special treatment.

Symptoms of Withdrawal

- Spotted, mottled or blotchy skin
- Diarrhea and/or vomiting or spitting up
- Fussy, cries a lot or has a high pitched cry
- Needs to suck a lot or has a weak suck
- Fever
- Shaking, trembling or seizures
- Irritability, startles easily or is stiff
- Poor feeding and/or poor weight gain
- Fast breathing, stuffy nose or sneezing
- Trouble sleeping, yawns a lot
- Sweating
- Sensitive to lights, sounds or touch
- Red or irritated skin on the chin, knees, elbows or buttocks

Caring for your baby



Talk to your baby's doctor about symptoms your baby is having and seek out help from family and friends.

Ask questions to doctors and nurses to help you provide the best care you can for your new baby. Nurses are available to assist you with your questions or concerns at The Health Plan.

Babies with NAS are often very fussy and hard to comfort.

Some babies will need medicine to help them with withdrawal. IV fluids may be needed due to severe vomiting and diarrhea. Special formula can be used if your baby is not eating or growing well.

Some things you can do to help comfort and calm your baby are:

- Keep baby in a calm, quiet area with the lights low
- Hold undressed baby skin-to-skin on your chest
- Wrap baby firmly in a soft blanket
- Gently rock your baby
- Offer a pacifier
- Breast feed (unless on medicine/drugs)