

What is NAS?

NAS (Neonatal Abstinence Syndrome) the medical term given to a baby who is going through withdrawal.

Your baby shares the meds, drugs and anything you take while pregnant. At birth, that stops.

When it stops, the baby may show signs of withdrawal.

Signs of withdrawal:

- Trembling or shaking, even when sleeping
- Sweating
- Fussy, crying a lot
- Stuffy nose, sneezing a lot
- Feeding poorly
- Trouble sleeping
- Diarrhea causing diaper rash
- Sensitive to light, sounds, and touch
- Yawning a lot
- Seizure



Resources:

Maternal Child Health Nurses

Washington County
518-746-2408
www.washingtoncountyny.gov

Warren County
518-761-6580
www.warrencountyny.gov

Saratoga County
518-584-7460
www.saratogacountyny.gov

Other Resources:

Council for Prevention
518-746-1527
<http://councilforprevention.org/>

Center for Recovery
518-926-7200 (Glens Falls)
518-747-8001 (Hudson Falls)
www.glensfallshospital.org/services/Behavioral-Health/center-for-recovery.cfm

Conifer Park (Glens Falls)
518-793-7273
www.coniferpark.com

McPike (Utica)
315-738-4600

The Baywood Center
518-798-4221

St. Peter's Addiction Recovery Center
518-885-6884
www.sphcs.org/addictionrecoverySPARC

New York State Office of Alcoholism and Substance Abuse Services - OASAS
1-877-846-7369

<http://www.oasas.ny.gov/index.cfm>

Neonatal Abstinence Syndrome (NAS)...

Is my baby at risk ?



Plan for a healthy pregnancy and birth!



During Pregnancy...

- Start prenatal care **early!**
- Your health and the health of your baby is the main goal.
- Talk about **anything** you are using: medicine from your doctor or over-the-counter, street drugs, herbs, alcohol and cigarettes.
- Taking some things during pregnancy can cause the baby to be born early, low birth weight, loss of baby.
- If you are in recovery talk to your doctor. Medication Assisted Treatment (MAT) is the “Standard of Care” for Pregnancy
- If you are addicted to opiates or other drugs, **Ask for help.**

You **can** do this!

The baby's health and safety depends on the mother's health!

A “NAS” Baby's Hospital Stay

- You should plan on your baby being in the hospital for at least 5 days.
- No one can know how bad the symptoms will be or for how long they will last.
- Your baby's hospital team will watch your baby for signs of withdrawal and help you to notice the signs too.
- The baby's doctor may start your baby on medications to help lower withdrawal symptoms and risk for seizures
- Your baby may need to be in a special care nursery to keep an eye on them and to give them medicine.
- How long the baby stays will depend on your baby's needs.
- If you go home before the baby, visit and care for your baby while it is still in the hospital.



YOUR BABY NEEDS YOU!

You and your baby's health care team will watch for signs of withdrawal.

If your baby is showing withdrawal, there are ways you can help.

- The best thing is the love and care only you can give.
- Hold your baby close/skin to skin.
- Avoid loud noises, bright lights, and passing the baby around too much.
- Gently rock your baby.
- Play Soft music or hum to them.
- Small feedings, more often.
- Allow baby time for rest when feeding
- Breastfeed
- Tell someone if you are worried.

MCH (Maternal Child Health) Nurses can give care during pregnancy and after your baby is born.

Our goal is to help you get the care and services you need.