

What Can I Do Now?

- Talk to your doctor if you think that your baby may be at risk for NAS.
- Ask for help if you are struggling with a substance use disorder.
- Get prenatal care and attend all of your appointments with your doctor.
- Contact your doctor when you have questions about your or your baby's health.



**You Can Have a
Happy and
Healthy Baby!**

Resources

**New York State Office of Alcoholism and
Substance Abuse Services - OASAS**
1-877-846-7369
www.oasas.ny.gov

**Saratoga County Public Health Services
Maternal & Child Health Program**
518-584-7460
www.saratogacountyny.gov

**St. Peter's Addiction Recovery Center
(SPARC)**
518-885-6884
[http://www.sphcs.org/
AddictionRecoverySPARC](http://www.sphcs.org/AddictionRecoverySPARC)

Conifer Park
1-800-989-6446
www.coniferpark.com

The Baywood Center
518-798-4221

Center for Recovery
518-926-7200

McPike Addiction Treatment Center
315-738-4600

Neonatal Abstinence Syndrome (NAS)

A Family Resource Guide



Glens Falls Hospital



SARATOGA HOSPITAL

people you trust. care you deserve.

What is NAS?

Neonatal Abstinence Syndrome (NAS) consists of withdrawal in infants exposed to maternal drugs during pregnancy.

Drugs include:

- Morphine (Kadian, Avinza)
- Codeine
- Heroin
- Methadone
- Fentanyl
- Subutex or Suboxone (Zubsolv)
- Oxycodone (Oxy's, Oxycontin, Percocet)
- Hydrocodone (Vicodin)
- Hydromorphone
- Antidepressants (Prozac, Lexapro)
- Benzodiazepines (sleeping pills)
- Tobacco or Nicotine



NAS is usually seen within 7 days of birth.

NAS usually occurs for one of three reasons:

- dependence on opioids, either prescribed or illicit.
- treatment with prescription opioids for another disease process.
- prescribed opiate replacement therapy such as Suboxone, Subutex, Zubsolv or Methadone.

What Are Symptoms of NAS?

- High-Pitched Crying
- Irritability
- Sleeplessness
- Poor Weight Gain
- Unexplained Seizures



What Can I Do If My Baby is Born With NAS?

- Hold your baby close
- Decrease loud noises
- Reduce exposure to bright lights
- Gently rock your baby, try humming or playing soft music
- Provide small, frequent feedings
- Avoid waking your baby
- Offer your baby a pacifier
- Remain calm when your baby is fussy

What Happens If Calming Methods Do Not Work?

Medications may be prescribed if calming methods do not help your baby. The Finnegan NAS Scoring Tool is used to measure and rate the symptoms of withdrawal. The type of medication and dosage will be determined by your baby's doctor.



What Should I Expect in the Hospital?

Your baby may be put in a special care unit to be closely monitored for symptoms of withdrawal. Your baby may need to receive medication to help with withdrawal. Your baby's doctor will determine when it is safe for your baby to go home. Your baby may need to stay in the hospital longer than you so it's encouraged that you visit and care for your baby while they are there.