

Can I breastfeed my baby?

- Supplying breast milk may be a great benefit to your baby
- Breastfeeding needs to be discussed with your baby's doctor
- Drugs pass through breast milk to your baby
- To ensure your breast milk is safe for your baby, your breast milk may be screened at any time

Who is on my baby's care team?

- Neonatal specialists
- Developmental specialists
- NICU nursing staff
- Physical, Occupational and Speech therapists
- A social worker and/or case worker



When can my baby go home?

- If your baby was treated with morphine, he or she can go home after scoring low on the Finnegan scale for approximately 3-5 days after the morphine was been stopped

AND your baby is feeding and growing well

What can I expect after discharge?

- Routine appointments with your Pediatrician and Developmental Pediatrician
- Some babies go home on Phenobarbital
- Your pediatrician or developmental pediatrician will wean your baby off Phenobarbital over the next few months

If you have any questions or concerns, please ask.

For more information on NAS, please visit our website at:

www.sanantonio.pediatrix.com

Pediatrix Medical Group of Texas, San Antonio



Neonatal Abstinence Syndrome (NAS)

A Guide for Parents and Family



Pediatric Medical Group Welcomes you to the Neonatal Intensive Care Unit (NICU)

This pamphlet is to give you information and answer possible questions you may have during your baby's hospital stay

What is NAS?

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

- NAS is usually seen within 7 days after birth
- Premature babies may not show the same signs of withdrawal that term babies do

How do we measure withdrawal?

The Finnegan NAS Scoring Tool is used to measure and rate symptoms of withdrawal.

- Scoring is started after birth and continued every 3-4 hours



What are the symptoms of withdrawal?

It is important to remember that all babies do not withdraw the same way. Withdrawal symptoms can depend on the type of drug or drugs your baby was exposed to. Signs of withdrawal include:

- Jitteriness
- Tremors and/or tense muscles
- Fussiness, irritability
- Loud, frequent crying with many awake times
- Sleeping difficulties
- Hyperactive reflexes
- Frequent yawning and sneezing
- Difficulty feeding
- Poor weight gain
- Excessive sucking
- Dehydration, vomiting, diarrhea
- Skin break down to buttocks, knees or face
- Abnormal skin temperatures“ warm/sweaty/fever or cool to touch”
- Nasal stuffiness
- Possible seizures



How do we treat NAS?

Calming methods are used to help comfort babies being treated for NAS. Calming methods include:

- Not waking a sleeping baby
- Holding your baby close or skin to skin with gentle rocking or swaying
- Offering your baby a pacifier
- Decreasing lighting and noise in the room
- Speaking softly, reading to your baby, humming or singing softly, playing soft music
- Remaining calm when your baby is fussy
- Using trained cuddlers in the NICU to hold and comfort your baby when family is not present

What happens when calming methods do not help?

- Medications (Morphine, Phenobarbital) will be started
- Medication dosage is adjusted based on your baby's withdrawal signs and NAS scores
- When symptoms are controlled, the medication dosage will slowly be decreased