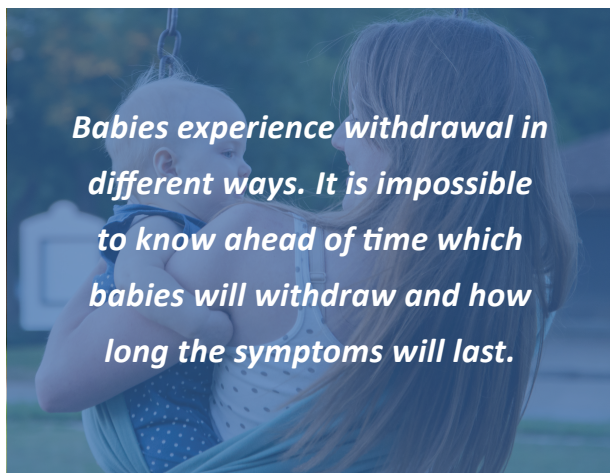


# Congratulations on Your Pregnancy or Birth of Your Baby!

The Spokane Birth Outcomes Task Force is committed to helping you and your baby have the best outcomes possible. If you are currently in medication-assisted-treatment (MAT) or actively using drugs, it is important to understand how this will affect your baby.

## What is Neonatal Abstinence Syndrome (NAS)?

- NAS occurs when a baby no longer has opioids or other substances the mother used during pregnancy in his/her system.
- Drugs associated with NAS include nicotine and opioids such as codeine, fentanyl, heroin, morphine, oxycodone, or hydrocodone.
- Medication-assisted treatment with methadone or Subutex® is the current recommendation for pregnant women using opioids.
- NAS is an expected and treatable condition for babies born to mothers on MAT.



*Babies experience withdrawal in different ways. It is impossible to know ahead of time which babies will withdraw and how long the symptoms will last.*

## Your Hospital Stay

Your baby's care team will help you decide when your baby is ready to go home. Your baby is typically ready to go home when he or she is:

- Eating and sleeping well
- Easy to console (calm down)
- No longer losing weight and is gaining weight
- Able to maintain a normal temperature, heart rate, and respiration
- No longer needs medicine to treat the symptoms of withdrawal
- Scheduled to see a primary care provider or pediatrician within the first few days of discharge

## What About CPS?

It is possible that a representative from Child Protective Services (CPS) will meet with you to assess your readiness to parent, living arrangement, and treatment. CPS can be a resource for you, as their goal is to keep families together. Hospital staff are required by law to contact CPS if they have a concern about the safety of your baby.

Treatment and regular prenatal care are the two best things you can do during your pregnancy to show you are prepared to parent your new baby.

If you have further concerns, talk with your treatment provider for additional services.



*Produced by Birth Outcomes Task Force (BOTF) and Spokane Regional Health District. Spokane BOTF is committed to helping you and your baby achieve the best birth outcomes possible.*



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# What Does NAS Look Like?

## Symptoms of Withdrawal can Include:

- Trembling or shaking of arms and legs, even while asleep
- Tight muscles in the arms and legs
- Restlessness or fussiness
- Problems eating or sleeping
- Hard to console or calm down
- Needing to suck, even when not hungry
- Frequent spitting up or vomiting
- Loose or watery stools (poop)
- Losing too much weight or not gaining weight
- Serious symptoms like stopping breathing or seizures (these are very rare)



Howard Ignatius, Lily

## How Can You Help Your Baby?

### Continue or Start Treatment

Substance use treatment is available in our community. You can begin/continue your treatment while caring for your new family member. Ask your health care provider for a referral, or call 509.216.7980 to talk with someone who can connect you to treatment and services.

### Room-In Together

Keep your baby with you as much as possible. A new type of care for babies with NAS is available here. It is called “eat, sleep and console”. This type of care often decreases the length of hospital stays and should be continued in the home.

### Use Skin-to-Skin

Hold your baby skin-to-skin as much as possible. This will help them eat and sleep better. For safety, always place your baby in a crib or bassinet when you feel sleepy.

### Feed on Demand

Breastfeed your baby if you can. If you use formula, always hold them while feeding. Feed your baby as soon as he/she begins to fuss and at least every three hours.

### Create a Calm Space

You can help your baby feel better and stay calm by:

- Swaddling and cuddling
- Offering a pacifier
- Holding your baby and moving in slow up and down movements
- Keeping the room quiet and with low lights
- Speaking quietly or softly humming
- Keeping the TV off
- Staying off your computer, phone, or tablet
- Limiting visitors to no more than two people who understand how to create a calm space