



NEONATAL ABSTINENCE SYNDROME

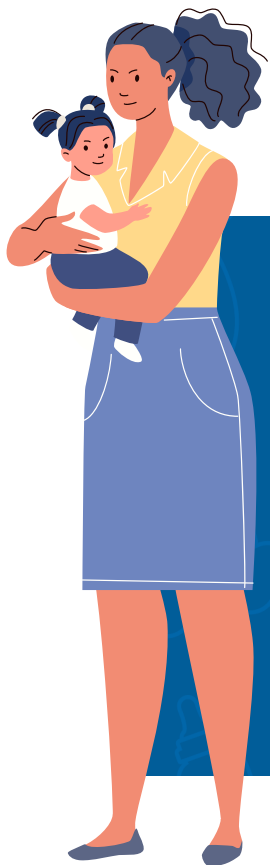
What are the signs of NAS?

- High-pitched cry
- Shaking
- Trouble sleeping
- Sneezing
- Yawning
- Difficulty feeding
- Stiff arms, legs and back
- Vomiting/diarrhea
- Poor weight gain
- Fast breathing

Signs vary based on:

- What kind of substance was used
- How long the substance was used
- How the mother processes the substance
- How far along the pregnancy was when baby was born

NAS can last from one week up to a few months. Symptoms will start to fade over time. Your baby will be discharged when there is little risk for serious problems at home.



What you can do

Whether or not medicine is needed, you can help by:

- Staying close
- Continually holding and swaddling
- Making skin-to-skin contact
- Breastfeeding
- Feeding whenever they are hungry
- Keeping things quiet and calm



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Extra ways to calm baby

Prolonged or high-pitched crying:

- Skin-to-skin contact or swaddle
- Decrease loud noises and bright lights
- Gently rock baby while humming or singing

Sleeplessness:

- Reduce noise, lights, patting or touching baby too much
- Play soft, gentle music
- Gently rock or sway baby
- Check for diaper rash

Excessive sucking of fists:

- Feed baby when hungry or until they are content
- Offer a pacifier or finger for baby to suck
- Cover hands with mittens
- Avoid lotions or creams

Fever:

- Do not overdress or bundle baby
- Report temperature of over 100 degrees

Difficult or poor feeding:

- Feed baby when hungry or until they are content
- Feed smaller amounts more often or slowly
- Feed in a calm and quiet area

Sneezing/stuffy nose:

- Keep baby's nose and mouth clean with a washcloth

Breathing troubles:

- Avoid overdressing or wrapping baby too tightly
- Always have baby sleep on their back
- Call your provider if baby is having trouble breathing

Spitting up:

- Burp baby each time they stop sucking
- Hold baby upright for a period after feeding

Trembling:

- Keep baby in a warm, quiet room
- Avoid excessive handling of baby during care routines



For more information visit impact.cedwvu.org

Source: Illinois Perinatal Quality Collaborative. (2018). Neonatal Abstinence Syndrome: What You Need to Know. Illinois Department of Health.

This product was supported by a grant to the WVU Center for Excellence in Disabilities from the Federal Office of Rural Health Policy (FORHP), Health Resources and Services Administration (HRSA), U.S. Department of Health and Human Services (HHS) under grant #1 G26RH49921-01-00. The information, conclusions and opinions expressed in this product are those of the authors and no endorsement by FORHP, HRSA, or HHS is intended or should be inferred. WVU is an EEO/Affirmative Action Employer Minority/Female/Disability/Veteran.