

For more information on NAS, please call Behavioral Healthcare Options at **702-364-1484** or toll-free **1-800-873-2246**, TTY **711**.



Sources:

Pediatrics Medical Group
cdc.gov

Tiene derecho a recibir ayuda e información en su idioma sin costo. Para solicitar un intérprete, llame al número de teléfono gratuito para miembros que se encuentra en su tarjeta de identificación del plan o los documentos de su plan.



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Neonatal Abstinence Syndrome

Behavioral Healthcare Options, Inc.

This brochure provides you with information on Neonatal Abstinence Syndrome (NAS) and its treatment.



What is NAS?

NAS consists of signs of drug withdrawal that occur in infants exposed to opioids and other drugs during pregnancy. NAS usually appears within 48 to 72 hours, but it can occur up until seven days after birth. It results in symptoms that affect the central nervous system, gastrointestinal tract, and body temperature control.



What happens when calming methods do not help?

Use of medications (morphine, phenobarbital) may be required. The medication dosages are adjusted based on your baby's withdrawal signs and NAS scores. When symptoms are controlled, the medication will slowly be decreased.



Can I breastfeed my baby?

Supplying breast milk may be a great benefit to your baby, but it needs to be discussed with your baby's doctor, as there is a concern about any additional drugs that may pass through the breast milk to your baby. To ensure your breast milk is safe for your baby, it may be screened.



What can I expect after discharge?

Routine appointments with your pediatrician and developmental pediatrician are important.

Some babies go home on phenobarbital, which is a drug that helps stabilize the nervous system. The dose is slowly tapered over a few months.

If you have any questions or concerns, please ask. Thank you for letting us care for your baby!

