

# What Can Cause NAS

## Prescription Medications\*

- Morphine
- Oxycontin
- Methadone
- Tylenol with Codeine  
(Tylenol #3, #4, and #5)
- Subutex
- Hydromorphone
- Fentanyl
- Hydrocodone/Lortab/Norco
- Oxycodone/Percocet
- Benzodiazepines
- Certain SSRI's

## Other Harmful Drugs

- Heroin
- "Oxys"
- Cocaine
- Crack
- Ecstasy
- Speed
- Amphetamines
- Methamphetamines
- Alcohol
- Marijuana
- Tobacco

*\*Talk with your doctor if you are on a medication and you are pregnant or planning on becoming pregnant.*

## Resources

### Children's Medical Services

1-877-890-4692

[nmhealth.org/about/phd/fhb/cms](http://nmhealth.org/about/phd/fhb/cms)

### Behavioral Health and Addiction Treatment Services Locator

[www.findtreatment.samsha.gov](http://www.findtreatment.samsha.gov)

### NM Behavioral Health Collaborative

505-476-9266

### New Mexico Behavioral Health Services

[Newmexico.networkofcare.org/mh](http://Newmexico.networkofcare.org/mh)

### Alcoholics Anonymous Meetings

[Nm-aa.org](http://Nm-aa.org) or [riograndena.org](http://riograndena.org)

### FIT Early Intervention

1-877-696-1472

### Share New Mexico

<https://sharenm.org>

### Medicaid/CHIP

1-800-318-2596

<http://www.hsd.state.nm.us/LookingForAssistance/apply-for-benefits.aspx>

### WIC

1-866-867-3124

### Pull Together

1-800-691-9067

[pulltogether.org](http://pulltogether.org)

### Children's Protective Services

1-855-333-7233

### NM Statewide Crisis and Access Line

1-855-867-3124



## Caring for a Baby Exposed to Drugs During Pregnancy

An overview of neonatal abstinence syndrome (NAS), what can cause NAS, how a baby is affected, and tips and tricks to help you console your baby.



## What is NAS?

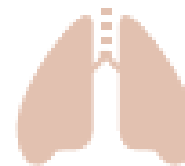
**Neonatal Abstinence Syndrome (NAS)** happens when a mother takes opioids, certain prescriptions, or other drugs while pregnant. During pregnancy, almost any substance you take will pass through the placenta. This can expose your baby to the harmful chemicals found in drugs and medications. After birth, your baby is suddenly cut off from the medications or drugs you used during the pregnancy. This can cause withdrawal symptoms for your baby.

It is hard to know which babies will have symptoms as some babies will experience withdrawal while others will not. The amount of medications or drugs that your baby was exposed to does not impact the severity of symptoms your baby may experience.

This guide will help you learn about NAS and provide you with some tips on how to console your baby if he or she does experience symptoms of NAS.

## SYMPTOMS BABIES EXPERIENCE

- Very high pitched cry or long-lasting cry
- Restless and may not sleep for more than 1-3 hours between feedings
- Stiff or tight muscles
- May be easily startled
- Jerks or quick movements
- Jittery
- Seizures
- Sucking quickly on a pacifier
- Poor feeding or difficulties feeding
- Not gaining weight
- Spitting up frequently or vomiting
- Diarrhea
- Sneezing many times in a row
- Frequent yawning
- Fast breathing
- Fever
- Skin irritation
- Sweating



## How to Care for Your Baby — *Tips and Tricks*

- Keep your baby in a dimly lit room
- Keep the room your baby is in quiet—turn off the TV, silence phones, avoid other loud noises
- Gently touch your baby and speak in a low voice
- Cuddle your baby with skin-to-skin contact
- Swaddle your baby in his or her blanket
- Soothe your baby by holding in an upright position and rocking with smooth motions. You can also gently rub your baby's back, but don't pat his or her back.
- Only wake your baby for feeding
- Minimize visitors
- Give your baby a pacifier
- Never shake your baby. If you feel frustrated, lay your baby down safely in his or her crib and take a short break.

