Your baby is at risk for Neonatal Abstinence Syndrome (NAS). NAS is a group of signs and symptoms, which a baby can have when a mother takes certain medications during her pregnancy. These medications may include methadone, Subutex®, Oxycontin® and Vicodin®. Because the baby no longer has the medication after birth, symptoms of abstinence or withdrawal from the drug occur.

These symptoms include:
- Irritability (baby is hard to console)
- Trouble sleeping
- Jitteriness
- Poor feeding, spitting up, vomiting, or diarrhea
- Problems sucking (suck is too hard or not coordinated)
- Frequent hiccups or sneezing
- Mild fever or sweating
- Increased jaundice (yellow skin)
- Seizures
- Diaper rash

To comfort your baby:
- Hold your baby.
- Use skin to skin contact, also called kangaroo care.
- Rock your baby gently.
- Swaddle your baby with a blanket – your nurse can show you how to do this.
- Give your baby a pacifier.
- Don’t wake your baby between feedings.
- Keep your room quiet and the lights low.

If these measures do not help your baby, medications such as phenobarbital, morphine, and methadone may be given. Your baby will be transferred to the Neonatal Intensive Care Unit if medications are needed.

Many babies with NAS spend more time in the hospital than other newborn babies. How long a baby stays depends on how severe the symptoms are and how long it takes to safely wean the baby’s medications.

Talk with your baby’s nurse or doctor about any questions or concerns.