

# **EAT, SLEEP, CONSOLE**

## **CONGRATULATIONS ON YOUR PREGNANCY!**

Our team is committed to providing you and your baby with the best care possible. The information **below** will help you learn how to best care for your baby after birth.

Neonatal Abstinence Syndrome NAS or Neonatal Opiate Withdrawal NOWS Syndrome occurs when a baby withdraws from a benzodiazepine, opiate, or opiate substitution medicine after birth. Most babies show signs of withdrawal 2 to 3 days after birth, but some may not show signs until day 4 or 5. Your baby should stay in the hospital until most of the symptoms of NAS are over.

### **What are the most common signs of NAS/NOWS?**

- Tremors, jitteriness, or shaking of arms and legs
- Tight muscles in arms and legs
- Fussiness
- Problems eating, sleeping or gaining weight
- Hard to console or calm down
- Need for sucking when not hungry
- Frequent spit ups or vomiting
- Loose or watery stools (poops)
- Problems breathing or seizures are possible but very rare

## How do you monitor my baby?

We will watch your baby closely for signs of withdrawal every few hours soon after birth. Let your nurse know when your baby is done feeding as this is a good time to check your baby without waking your baby up.

You can also help us watch your baby by keeping track of:

- How well your baby eats
- How well your baby sleeps
- How well your baby consoles (calms)
- What kinds of things help your baby stay calm (holding, skin to skin contact, swaddling, sucking, a calm room)
- Very loose or watery stools (poops)

During your baby's time in the hospital, **You will be your baby's primary caregiver.** It is very important that you stay with your baby the whole time he/she is in the hospital. Your baby will be much less likely to need medicine or will need less medicine, if you are here to care for your baby all of the time.

We will be here to help you and your baby will do best when you are the one providing his/her care.

- We will monitor your baby in the hospital for **at least 4 days.**

- If your baby has problems with eating, sleeping, or consoling we will teach you ways to help your baby.
- If there are still problems after all you and we have done to help your baby, we will talk with you about whether medicine may help your baby and how much longer we will need to monitor your baby.

## **How can I best help my baby?**

- **ROOM IN TOGETHER:** One of the best things you can do for your baby is to keep him/her with you. Being close to your baby helps you respond quickly to his/her needs. Your baby will feel safest and most comfortable when close to you. You can order food from our food service the whole time your baby is a patient.
- **SKIN TO SKIN:** Spend as much time “skin to skin” with your baby when you are awake. This helps your baby eat, sleep and will help calm your baby. It can also help decrease other symptoms of withdrawal. It also helps your milk supply when breastfeeding.
- **SWADDLE/CUDDLE:** Hold your baby or swaddle your baby in a light blanket. Just being close to someone, or “tucked” in a swaddle, helps your baby feel safe and comfortable. Please let us know if you need to have someone help take care of your baby for a little bit to help you get some needed rest as well. We are here to help you.
- **A CALM ROOM:** Keep your room calm and quiet with the lights down low. Wear headphones if you want to watch TV/videos. Limit how

much you use your cell phone and keep it on silent. Loud noises and bright lights may upset your baby.

- **FEED AT EARLY HUNGER CUES:** If you can breastfeed, breast milk is the BEST! It is safe to breastfeed when taking methadone and suboxone or Subutex. Do not let your baby go for more than one 4 hour stretch between feedings per day until your baby is back to birth weight.
- **SUCKING:** If your baby still wants to suck after a good feeding, offer a clean finger or pacifier to suck on. This can be very comforting for your baby.

### **YOUR BABY'S BEST TREATMENT IS YOU!!**



Pediatric Provider Contact: \_\_\_\_\_