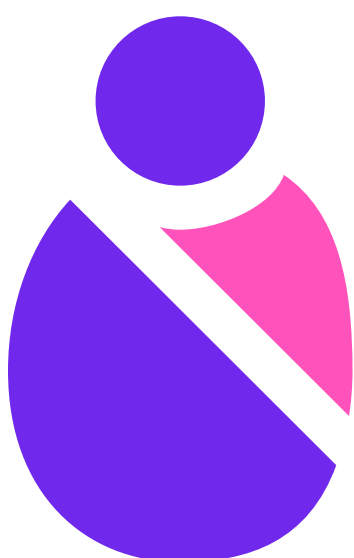


PREVENTING NAS IN YOUR BABY



WHAT IS NAS?

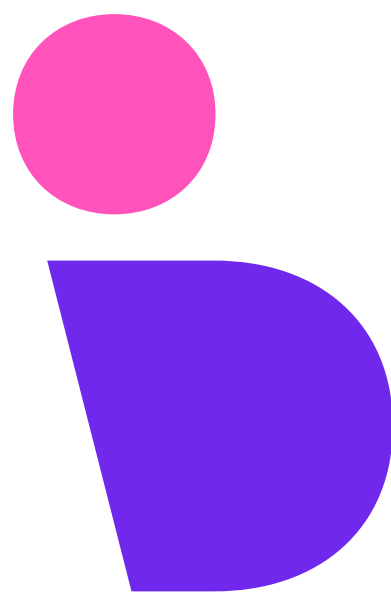
Neonatal abstinence syndrome (also called NAS) is a group of conditions caused when a baby withdraws from certain drugs he's exposed to in the womb before birth. NAS most often happens when a baby's mother takes opioids during pregnancy.

Babies born with NAS can have health problems at birth, including body shakes and problems with breathing, feeding and sleeping. They also may have learning problems later in life.

Opioids are drugs that often are used to treat pain. Your health care provider may prescribe you an opioid. They're also sold illegally. Opioids can be dangerous and addictive. Any opioid can cause NAS.

IF YOU'RE PREGNANT AND USING OPIOIDS

- Tell your prenatal care provider right away. Ask about taking a safer medicine during pregnancy.
- Don't stop taking any opioid until you talk to your provider. Quitting suddenly can cause problems for you and your baby.
- Make sure any provider who prescribes you an opioid knows you're pregnant.
- Talk with your provider to make sure the hospital where you plan to have your baby has providers who have experience taking care of babies with NAS.
- If you're addicted to opioids, talk to your provider about medication-assisted treatment (also called MAT). NAS may be easier to treat for babies whose moms get MAT during pregnancy.



[MARCHOFDIMES.ORG/OPIOIDS](https://www.marchofdimes.org/opioids)