




PREVENTING NEONATAL ABSTINENCE SYNDROME

WHAT IS NEONATAL ABSTINENCE SYNDROME (NAS)?

NAS happens when a baby withdraws from certain drugs after being exposed to them during pregnancy. NAS most often happens when a person takes opioids during pregnancy. Opioids are drugs that often are used to treat pain. Some examples are oxycodone, codeine and heroin, an illegal drug.

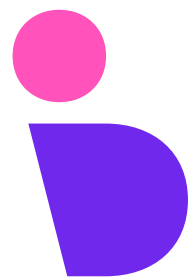


Babies born with NAS can have health problems at birth, including:

-  Body shakes
-  Problems with breathing, feeding and sleeping
-  Learning problems later in life

IF YOU'RE PREGNANT OR PLANNING TO BECOME PREGNANT AND USING OPIOIDS

- Tell your health 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 or planning a pregnancy.
- Ask your provider about giving birth in a hospital that can provide the right care to babies with NAS.
- If you have opioid use disorder, talk to your provider about medication-assisted treatment (MAT). NAS may be easier to treat if the birthing parent got MAT during pregnancy.



If you need help finding treatment, talk to your provider or visit [FindTreatment.gov](https://www.findtreatment.gov).

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