

Having a Healthy Baby Begins Today

Pregnancy and Common Drugs or Medications



What You Need to Know

Women who take common drugs or medications such as opioid pain medication need to be aware of the possible risks to themselves and their babies including Neonatal Abstinence Syndrome (NAS).

Ways to Prevent NAS

While you are pregnant make sure to:

- Meet with your Primary Care Provider (PCP) or Obstetrician (OB) to make plans for your baby's birth.
- Share any information about the medications, drugs, and other substances you are taking or have taken.
- ASK before taking:
 - ✓ Prescription Drugs
 - ✓ Over the counter medications
 - ✓ Herbal remedies
 - ✓ Sleep aids
 - ✓ Energy drinks
 - ✓ Alcohol
 - ✓ Cigarettes

During pregnancy, most all substances in your blood can pass to your baby. Neonatal Abstinence Syndrome may occur in the baby after birth if a mother took certain drugs or medicines, usually opioids, such as heroin or methadone, or prescription drugs, such as Vicodin or Percocet during pregnancy.

At birth, the baby is cut off suddenly from the medicines or drugs in the mother's body and within 1-5 days may start to show signs of withdrawal. This is NAS.

» Where To Go For Help

Identifying prescription drug abuse and any substance misuse as soon as possible is important. If you or someone you know needs help contact:

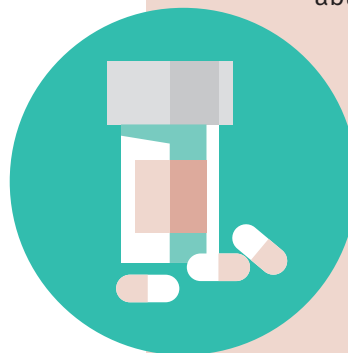
- The statewide website www.SubstanceAbuse.AZ.gov to locate Arizona behavioral health providers in your community.
- Call the SAMHSA Treatment Referral Facility Locator hotline at **1-800-662-HELP (4357)**.
- Call the National Council on Alcoholism and Drug Dependence helpline at **1-800-622-2255**.

Safely Dispose of Prescription Medications

- Participate in prescription drug take-back days
- Drop off unused or expired medications at a prescription drug drop box
- Mix medications with coffee grounds or kitty litter and put them into an empty can or bag and throw them in the trash
- Don't flush down the toilet

To learn more about the Arizona RX Misuse and abuse initiative and to find a list of permanent prescription drug drop boxes visit

www.DumpTheDrugsAZ.org
www.RethinkRxabuse.org



Things to Know about NAS

Neonatal Abstinence Syndrome

» Common Drugs or Medicines that Cause NAS

Neonatal abstinence syndrome (NAS) is a preventable syndrome occurring because the pregnant mother takes addictive prescription or illegal drugs such as:

- Methadone
- Heroin
- Oxycodone (Percocet)
- Hydrocodone (Vicodin)
- Suboxone (Buprenorphine)
- Fentanyl
- Ativan (lorazepam)
- Xanax (alprazolam)
- Anti-depressants (Paxil, Zoloft)

» Risks to Your Pregnancy

Drug and alcohol use during pregnancy can lead to many health problems in the baby including:

- Birth defects
- Low birth weight
- Premature birth
- Small head circumference
- Symptoms of NAS can last from 1 week to 6 months

I am pregnant but using drugs

It is best to stop using most medications, drugs and other substances to give your baby the best chance to be born healthy.

- Stopping suddenly can cause severe problems for you and the baby.
- Talk to your health care provider about the best way to stop.
- Getting treatment can help you stop and is safer for your baby.

Monitoring your Baby at the Hospital

A nurse will monitor your baby looking for certain withdrawal signs. If your baby has withdrawal symptoms there will be more monitoring of your baby. The nurse or doctor will use a scoring chart and may use other tests.

Symptoms depend on the type of drug involved, the amount taken and how long the drug was used by the mother. Most babies show signs of withdrawal within 1 to 5 days after birth. Symptoms may include:

- Blotchy skin coloring (mottling)
- Diarrhea
- Fever
- Sleep problems
- Stuffy nose, sneezing
- Shaking or tremors
- Sweating
- Stiff arms or legs
- High-pitched crying
- Excessive yawning or sucking
- Irritability
- Poor feeding
- Hyperactive reflexes
- Fast breathing
- Seizures
- Slow weight gain
- Vomiting

Need Help?

Call **1-800-662-HELP (4357)** if you or someone you know needs help.

For more information go to:
www.SubstanceAbuse.AZ.gov
www.RethinkRxabuse.org
www.cdc.gov/treatingfortwo
www.mothertobabyaz.org
www.azprenatal.wixsite.com/taskforce
www.azhealth.gov/injury-prevention

How Can I Help My Baby?

Infants with neonatal abstinence syndrome are often fussy and hard to calm. You can help by:

- Spending time with your baby
- Comforting and holding the baby
- Making skin-to-skin contact
- Keeping things calm and quiet by reducing noise, dimming lights and limiting visitors
- Breastfeeding if approved by your doctor



ARIZONA DEPARTMENT
OF HEALTH SERVICES