Drug use during pregnancy may place your baby at risk for immediate and long term concerns such as:

- Neonatal Abstinence Syndrome (NAS)
- Developmental delays
- Impulse control problems
- Behavioral, emotional and learning problems
- Addictive behaviors
Neonatal Abstinence Syndrome (NAS)

Neonatal Abstinence Syndrome (NAS) is a group of problems that occur in a baby who has been exposed to certain drugs while in the mother’s womb. It may also be called drug withdrawal syndrome.

What causes NAS?

Almost every drug can pass from you to your baby. Taking certain drugs while you are pregnant puts your baby at risk for NAS. At birth, your baby could be dependent on these drugs. Once your baby is born, they are no longer getting these drugs and may start having symptoms of withdrawal.

What are the most common symptoms of NAS?

- High-pitched cry
- Irritability
- Tremors
- Hyperactive reflexes (trembling)
- Tightness of arm and leg muscles
- Breathing fast (tachypnea)
- Sneezing
- Yawning
- Stuffy Nose
- Seizures
- Ineffective or disorganized sucking
- Dehydration
- Diarrhea (loose or watery stools)
- Sweating
- Fever (high temperature)
- Poor feeding
- Mottling (splotchy skin)
- Vomiting

How is NAS Treated?

Any baby with known or possible exposure to certain drugs will be watched for withdrawal symptoms.

It is very important for your doctor and your baby’s doctor to know about your drug use and history. Please be honest. We are here to help you and your baby.

Some babies may need to be transferred to a Neonatal Intensive Care Unit to be treated with medications to manage their symptoms.

How can I prevent NAS?

To keep your baby from being born with this syndrome, please:

- use birth control to prevent pregnancy.
- stop using drugs before you get pregnant.

Seek medical treatment if you think you may be pregnant and a doctor can work with you to have the safest pregnancy possible. Do not stop taking any drugs you are on without talking to a doctor first.

Representatives from the health department can talk to you more about your current medications, provide family planning counseling and services, and refer you to other providers who are ready to help you.

Take that first step and contact the health department today!