

Guidelines for your Hospital Stay When Your Baby is at Risk for Neonatal Abstinence Syndrome (NAS)

Congratulations on the birth of your child! To help care for you and your baby in the best way possible, we need to share some of our guidelines for your baby's stay at the Children's Hospital at Dartmouth (CHaD) / Dartmouth-Hitchcock (D-H). This includes what you can expect from us as well as what we expect from you as your baby's parent(s).

As you have learned, your baby is at risk for having something called Neonatal Abstinence Syndrome (NAS) due to the medicine you took during pregnancy. NAS can cause problems with a baby's nervous system, feeding, breathing and intestines. For this reason, we need to watch your baby in the Birthing Pavilion, **with you by your baby's side**, for at least the first 4 days of life. If your baby has problems with NAS, he/she may need treatment with morphine. If this is the case, your baby will be moved to the Inpatient Pediatrics Unit for further care. **It is important that you know that you need to "room in" with your baby during his/her entire hospital stay. This means that you must stay with your baby 24/7 (24 hours a day, 7 days a week).** Your baby will do the best when you are close by, giving the care that your baby needs in a room that is quiet and calm. We are not able to do this for your baby in other areas.

To help your baby do the best, and go home as soon as possible, we need you to follow these guidelines:

- 1) Stay with your baby in your room at all times, day and night, for your baby's entire hospital stay.
- 2) If for some reason you need to leave your baby's room, have a family member or friend stay in the room with your baby.
- 3) Keep your baby's room calm at all times. This will help your baby cry less, and feed and sleep better.
- 4) Limit visitors to just one other person in the room at a time.
- 5) Do skin-to-skin with your baby to help keep him/her calm – do this just before and during NAS scoring.
- 6) Breastfeed your baby, unless asked not to do so by your baby's provider for medical reasons.
- 7) Feed your baby when he/she is hungry and until content (at least every 3 hours).
- 8) Call your baby's nurse after your baby is done feeding to ask for the NAS score to be done at that time.
- 9) Watch your baby closely and write down when your baby eats, pees, poops, sleeps, sneezes, yawns or has other problems in your "Baby's Symptom Diary."

Our staff is happy to work with you to find ways to help you calm your baby if the steps above do not work. Together, we will partner with you in your baby's care. We want to help you make sure your baby can be as healthy and comfortable as possible. Please let us know if you have any questions about the guidelines above.

Thank you and congratulations again!

The Newborn Care Staff at the Children's Hospital at Dartmouth / Dartmouth-Hitchcock

I have read the guidelines above and know what is needed of me during my baby's stay in the hospital. I have had the chance to ask questions and my questions have been answered. I agree to do all of the things that are asked of me above during my baby's hospital stay at CHaD / D-H.

Parent Signature _____ Date _____