

NAS Symptoms

- Central Nervous System
 - high-pitched cry
 - irritability
 - tremors
 - high muscle tone
- Respiratory and Metabolic
 - yawning
 - sneezing
 - rapid breathing
- Gastrointestinal
 - poor feeding
 - vomiting
 - diarrhea

Your baby should be followed long term (2-5 years) to track developmental progress. This helps us find any problems and quickly get you the resources you need.



Contact Us

BANNER UNIVERSITY MEDICAL CENTER
Family Centered NAS Care Program

WEBSITES

<https://www.bannerhealth.com/>
<https://peds.arizona.edu/family-centered-nas-care-program>

PHONE NUMBER

(520) 694-9904

NAS and Infant Withdrawal

Family Centered NAS
Care Program

Banner University
Medical Center, Tucson



Hospital NICU Treatment

- Skin to skin contact
- Breastfeeding
- Calming and soothing techniques e.g. swaddling
- Low stimulation environment
- Mom and support person room in with baby

We want you to feel comfortable taking care of your baby at the hospital and at home.

Please ask your NICU care team questions, anytime.

Goals for Discharge Readiness

- Eat: Baby can take up to 1 oz. by bottle or breastfeed well
- Sleep: Baby can sleep 1 hr. undisturbed
- Console: Baby can be consoled within 10 minutes

How long your baby stays depends on:

- How serious the withdrawal symptoms are
- How they are doing with regular baby activities; eating, sleeping being consoled.

Your care team will help decide when your baby is ready to go home.

Rooming in and taking care of your baby's needs is getting you ready to care for your baby at home.

NAS Resources



March of Dimes



SAMHSA



ADHS

What Happens After Discharge?

Banner's follow up clinic will monitor your baby's health and development up to age 3.

- Tips on meeting next developmental milestones
- Any referrals that your baby needs
- Your care team will schedule your follow up clinic appointment before you leave the hospital

