

STAY  
**DRUG FREE**

TO ENSURE YOUR BABY  
HAS THE BEST START ON  
LIFE!



**TIPS FOR  
EXPECTING MOMS**

# NEONATAL ABSTINENCE SYNDROME

When drugs are used during pregnancy, babies can be diagnosed with Neonatal Abstinence Syndrome (NAS). NAS is a group of problems for newborns exposed to addictive, illicit or prescription drugs while in the womb, causing them to go through withdrawal symptoms after birth. NAS is also referred to as, neonatal withdrawal syndrome (NWS) or Neonatal Opioid Withdrawal (NOW).

# 1



## Stay Substance Free

Staying substance free during pregnancy and breast feeding will greatly increase the chances of a healthy baby!



# 2

## Stay in the Know

Look at all of your health habits (medication, exercise, etc). Check with your doctor to make sure these habits won't negatively affect you and your baby.



# 3

## Prevent NAS

If you are not pregnant, stop using non prescribed drugs and/or misusing prescription drugs before you become pregnant

# 4



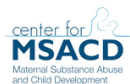
## Talk to Your Provider

If pregnant, and using any drugs, talk to your doctor, nurse, or healthcare provider IMMEDIATELY

*A Warm Welcome*



Georgia  
Department of  
Behavioral Health  
& Developmental  
Disabilities



@emorymsacd | [www.emory.edu/msacd](http://www.emory.edu/msacd)