

Wisconsin Association for Perinatal Care
NEWBORN WITHDRAWAL PROJECT

Your Pregnancy and Prescribed Treatments for Opioid Dependence

Congratulations, you're having a baby! It is great that you are taking care of yourself and your baby by taking medicine for opioid addiction. **There are some things you should know that could happen after your baby is born.**

- Your baby may go through withdrawal.
- Your baby's care providers will watch your baby for withdrawal symptoms.
- If your baby has withdrawal symptoms, your baby's care providers will work with you so your baby gets the best care.
- Sometimes babies need an opioid or other medicine to treat withdrawal.
- Your baby's health care providers may watch and treat your baby for withdrawal in the newborn nursery, special care nursery, or neonatal intensive care unit.
- Your baby may not be ready to go home from the hospital with you.

If your baby goes through withdrawal, you may notice:

- Extreme fussiness and/or excessive crying
- Shaky or jerky movements
- Poor sleeping
- Runny nose, trouble breathing, or forgetting to breath
- Problems with feeding
- Weight loss or poor weight gain
- Diarrhea
- Diaper rash

Your baby may have many of the symptoms above, just a few, or even none at all.

Your baby may be able to go home when he or she is:

- Eating enough to gain weight
- Showing signs that withdrawal symptoms are getting better

Every baby is different. Some babies may be in the hospital for just a short time. Other babies may be in the hospital for **2 months or more.** While your baby is in the hospital, try to be with your baby as much as you can. Your baby's care providers will help you learn ways to comfort and care for your baby.

Breastfeeding

- Many women who are in opioid treatment programs breastfeed their babies. Breastfeeding can help you bond with your baby. It can also help your baby through withdrawal.
- Do not stop breastfeeding or giving your baby pumped breast milk suddenly. Your baby gets some of your medicine in your breast milk. That medicine may be enough to help your baby's withdrawal. Talk to your health care provider if you want to stop breastfeeding.
- **If you are taking medicines or drugs that a health care provider did not prescribe, do not breastfeed your baby or give your baby pumped breast milk.**
- Talk to your health care provider if you have any questions or concerns about breastfeeding.

Important Resources

- Substance Abuse and Mental Health Services Administration (SAMHSA): www.samhsa.gov
- SAMHSA's National Helpline: [1-800-662-HELP \(4357\)](tel:1-800-662-HELP)
- 211 Wisconsin: [Dial 2-1-1](tel:211) for help finding resources in your local area
- Wisconsin Maternal and Child Health (MCH) Hotline: [1-800-722-2295](tel:1-800-722-2295)
 - Provides information about services in your area for women (before, during, and after pregnancy) and for children.
 - Call to find out if you are eligible for BadgerCare Plus, WIC, and many other programs.



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