

NAS is most commonly caused by opioids a mother has taken during pregnancy.

Smoking can make NAS more likely.

Common prescription and illegal drugs (with some street names) that may affect a baby if taken during pregnancy:

BUPRENORPHINE: Subutex®, Suboxone®

CODEINE: Captain Cody, Cody

CODEINE SYRUP + ALCOHOL: Lean, Purple Drank

CODEINE + GLUTETHIMIDE: Doors & Fours

OXYCODONE, OXYCODONE/ACETAMINOPHEN:

Percocet®, OxyCon-tin®, Hillbilly Heroin, Kicker, Oxycottons, Percs, Oxy, Roxy

HYDROCODONE, HYDROCODONE/

ACETAMINOPHEN: Norco®, Vicodin®, Lorcet®, Lortab®

HEROIN: Smack, Horse, Brown Sugar, Dope, Skunk, Cheese (with OTC cold medicine and antihistamine)

HEROIN LACED W/ FENTANYL: China White, Poison, N.T.

FENTANYL: Apache, China Girl, Dance Fever, TNT

OXYMORPHONE: Opana®, Biscuits, Blue Heaven, Blues

HYDROMORPHONE: Dilaudid®, Foot-balls, Juice, Smack

MORPHINE: MS Contin®, Monkey

METHADONE: Amidone, Fizzies

MEPERIDINE: Demerol®, Pethidine®, Demmies, Pain Killer

METHAMPHETAMINE: Meth, Speed, Crank, Chalk, Crystal

BENZODIAZEPINES: Diazepam, Valium®, Alprazolam, Xanax®, Clonazepam, Klonopin®, Temazepam, Restoril®, Lorazepam, Ativan®

Candy, Downers, Sleeping Pills, Tranks

COCAINE/CRACK COCAINE: Coke, Flake, Snow

INHALANTS: Poppers, Snappers, Laughing gas

TN REDLINE

(Toll-free addiction and mental health help)
1-800-899-9789

RESOURCES:

Information on Neonatal Abstinence Syndrome can be found on the Tennessee Department of Health website:
<https://www.tn.gov/health/nas>

Tennessee's local health departments provide a variety of health services. Find your local health department here:
<https://www.tn.gov/health/health-program-areas/localdepartments.html>

To learn more about services offered by local health departments, visit:
<https://www.tn.gov/health/health-program-areas/localdepartments/lrhd/local-services.html>



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NAS

NEONATAL ABSTINENCE SYNDROME

Did you know both prescribed and illegal drugs can harm a baby during pregnancy and after birth?

More than half of pregnancies in TN are unintended or unplanned.

It is important to know how to prevent NAS. Talk to your doctor about any medication or substance use in pregnancy.



What is NAS?

Neonatal Abstinence Syndrome, or NAS, is a condition in which an infant experiences withdrawal from substances that a mother took during pregnancy.

In 2017, there were 1,090 drug-dependent babies born in TN

What causes it?

Most prescription medications and illegal drugs pass from the mom's bloodstream to the baby during pregnancy. Some of these drugs that cause dependence and addiction in the mother can cause the baby to become dependent as well.

Symptoms of NAS/Drug Withdrawal

- High-pitched crying
- Low birth weight and Failure to Thrive
- Rigid muscles
- Tremors or seizures
- Hyperactive reflexes
- Poor feeding/difficulty eating
- Difficulty sleeping
- Irritated skin from friction or movement
- Sweating
- Vomiting and diarrhea

How to Prevent NAS

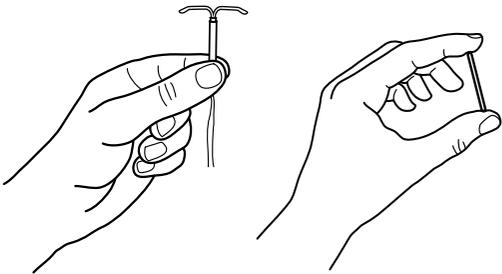
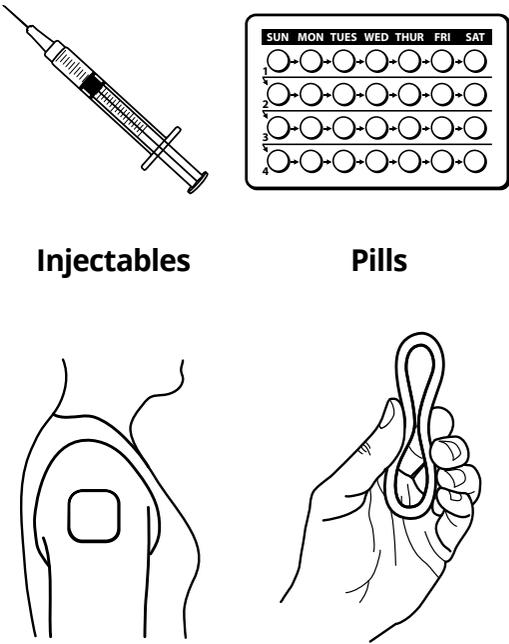
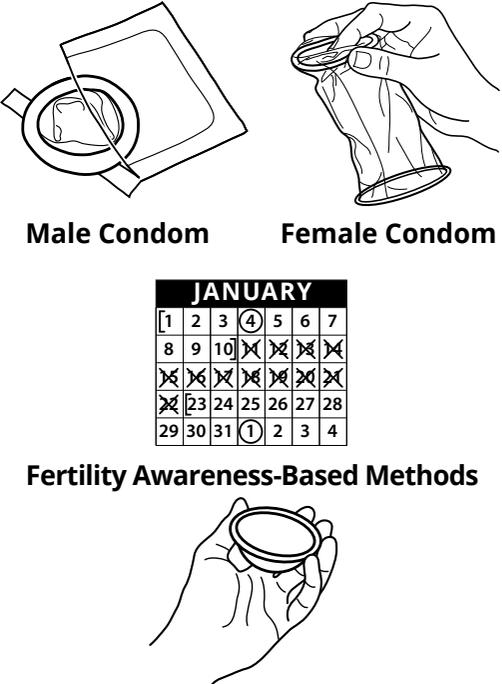
- Plan pregnancies for the healthiest time in your life. Consider birth control if you do not want to be pregnant now.
- Avoid substance use and talk to your health care provider about any medications or drugs you take.

Birth control options are available to you through your local health department or your primary care provider.

Charges for family planning services at health departments are free or adjusted according to your ability to pay.

SOME BIRTH CONTROL OPTIONS TO CONSIDER

IMPORTANT
Condoms should always be used to reduce the risk of sexually transmitted infections and are about 80% effective in preventing pregnancy.

99% EFFECTIVE IN PREVENTING PREGNANCY	88-94% EFFECTIVE IN PREVENTING PREGNANCY	74-88% EFFECTIVE IN PREVENTING PREGNANCY
 <p>IUD Implant</p>	 <p>Injectables Pills</p> <p>Patch Ring</p>	 <p>Male Condom Female Condom</p> <p>Fertility Awareness-Based Methods</p> <p>Diaphragm</p>