

# Breastfeeding and Medication

## NEONATAL ABSTINENCE SYNDROME

**This occurs when a newborn has been exposed to a drug during pregnancy and is suddenly deprived of it at birth.**

The way it manifests itself can be very different from one baby to another, as each one is unique. Depending on the molecule, withdrawal symptoms may occur within hours of birth, sometimes not until 4 to 5 days of life, or not at all. They disappear in the days or weeks that follow.

**Routine follow-up is usually sufficient. Your medical team will advise you if your child requires more tailored care.**

### What are the symptoms of the neonatal abstinence syndrome?

- Crying that is difficult to console
- Tense or stiff arm and leg muscles
- Eating and sleeping problems
- Low blood sugar levels
- Difficulty regulating body temperature
- Excessive weight loss or poor weight gain
- Agitation
- Irritability
- Very loose stools
- An urge to feed even when not hungry



**No one can comfort him better than you. He recognizes your voice, your smell and your heartbeat; all of these are comforting to him. The goal is to calm him down quickly.**

### What can I do to help my baby?

- **Skin-to-skin contact** helps her adjust to the outside world and feel safe, regulates her pulse, blood pressure, blood sugar, breathing and temperature, reduces pain, fussiness and crying, makes breastfeeding easier and helps with breast milk production. **Breastfeeding** may reduce the occurrence of symptoms.
- **Babywearing**, possible as soon as the child weighs 3,2 kg, offers similar benefits.
- **Swaddling and cuddling** can help keep him calm when he's not skin-to-skin.
- It is recommended to **feed him on demand** as soon as he shows signs of hunger. Small and frequent feedings are encouraged.
- **Reducing sensory stimuli** to calm him is recommended, such as reducing the level of noise and lighting, speaking softly and limiting the number of visitors.



### REFERENCES :

- <https://www.nshealth.ca/sites/nshealth.ca/files/patientinformation/ff2203.pdf>
- [http://www.perinatalservicesbc.ca/Documents/Guidelines-Standards/Newborn/Practice%20Resource%20ESC\\_WEB%202020\\_11\\_20.pdf](http://www.perinatalservicesbc.ca/Documents/Guidelines-Standards/Newborn/Practice%20Resource%20ESC_WEB%202020_11_20.pdf)
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