

Pregnancy can be an exciting time but it can be stressful, too.

When someone who is pregnant uses medications or drugs, the baby is also exposed to those medications or drugs. Babies who are exposed before they are born might need extra support and care.

When you're pregnant, there are things you can do to prepare to have a healthy baby:

- Take good care of yourself by resting, eating healthy food, and following your doctor's instructions
- Learn about the resources and supports in Rhode Island for families and babies
- Know what to expect when you go to the hospital to have your baby



Babies need extra, special care if they were exposed to pain medications or opioids including oxycodone, hydrocodone, codeine, heroin, and fentanyl.

Babies exposed to medications such as methadone or buprenorphine (for example, Suboxone) also need this extra care.

Resources

Call **Rhode Island's Hope and Recovery Support Line** to talk to a licensed counselor 24/7

(401) 942-STOP

(401) 942-7867

For information about treatment options:

www.preventoverdoseri.org

Peer Support Services

A Recovery Coach or Peer Recovery Specialist is trained to help people work toward recovery. It's a professional relationship that is relaxed, comfortable, and friendly.

A Peer Recovery Specialist can also help to find treatment if needed. Peer Recovery Specialists travel throughout Rhode Island.

Anchor Recovery Community Center

(401) 615-9945 (Warwick)

(401) 721-5100 (Pawtucket)

Parent Support Network

(401) 467-6855 (Warwick)



What to Expect at the Hospital

If you have used certain medications or drugs during your pregnancy, this brochure will help you prepare for having your baby

RHODE ISLAND'S HOPE AND RECOVERY SUPPORT LINE

(401) 942-STOP

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PREGNANCY

1

Get Information

- Ask to speak to a doctor who works with families and babies who were exposed to drugs or medications.
- Ask for a tour of the hospital's labor and delivery unit and newborn nursery.

Get Support

- Sometimes the Department of Children, Youth and Families (DCYF) may be called if there are concerns about a baby's safety. DCYF wants to make sure babies go home to housing that is free from drug use and has a safe place for babies to sleep.
- Not everyone who has a baby who was exposed to medications or drugs will be asked to meet with DCYF after the baby is born, but it is good to be prepared. A hospital social worker, family home visitor, or Peer Recovery Specialist can help you understand what to expect and provide support.
- If you are unsure how to get support, ask your doctor to contact the hospital's social work department for help.

PLAN FOR DELIVERY

2

- Talk with your prenatal care provider about a pain management plan. If you are being prescribed medication like methadone or buprenorphine, your regular dose will not treat labor pain or pain from a C-section.
- Let hospital staff know if you are being treated with methadone or buprenorphine so they do not give you medications such as Nubain or Stadol, which can cause withdrawal.
- Connect with supports early and make a list of people who can help after the baby is born.

Your Hospital Stay

- Your baby will need to stay in the hospital to be watched for symptoms of withdrawal. It can be helpful to let your friends and family know so they can support you during this time.
- In many cases you can stay with your baby in the hospital.
- After your baby is born, the hospital team will work with you to develop a Plan of Safe Care that includes supports and resources that can help you and your family after you leave the hospital.

BABY'S FIRST WEEKS

3

- Babies who were exposed to medications or drugs before they were born are all different, but most will have symptoms of withdrawal. These symptoms can be mild or they can be strong. The symptoms are called Neonatal Abstinence Syndrome, or NAS.
- Babies stay in the hospital to be watched for signs of NAS for 3 to 7 days.
- Some babies are given medications to help with withdrawal symptoms. Babies need to be weaned off some medications before they can go home, which means a longer hospital stay beyond 3 to 7 days.
- Withdrawal symptoms are treatable and temporary. Parents play a big role in watching babies for withdrawal symptoms and helping them feel better.
- You can do many things to help your baby during this time, like holding your baby skin-to-skin or breastfeeding.
- As a parent, you also need to take care of yourself. Get plenty of rest and ask for help if you need it.

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