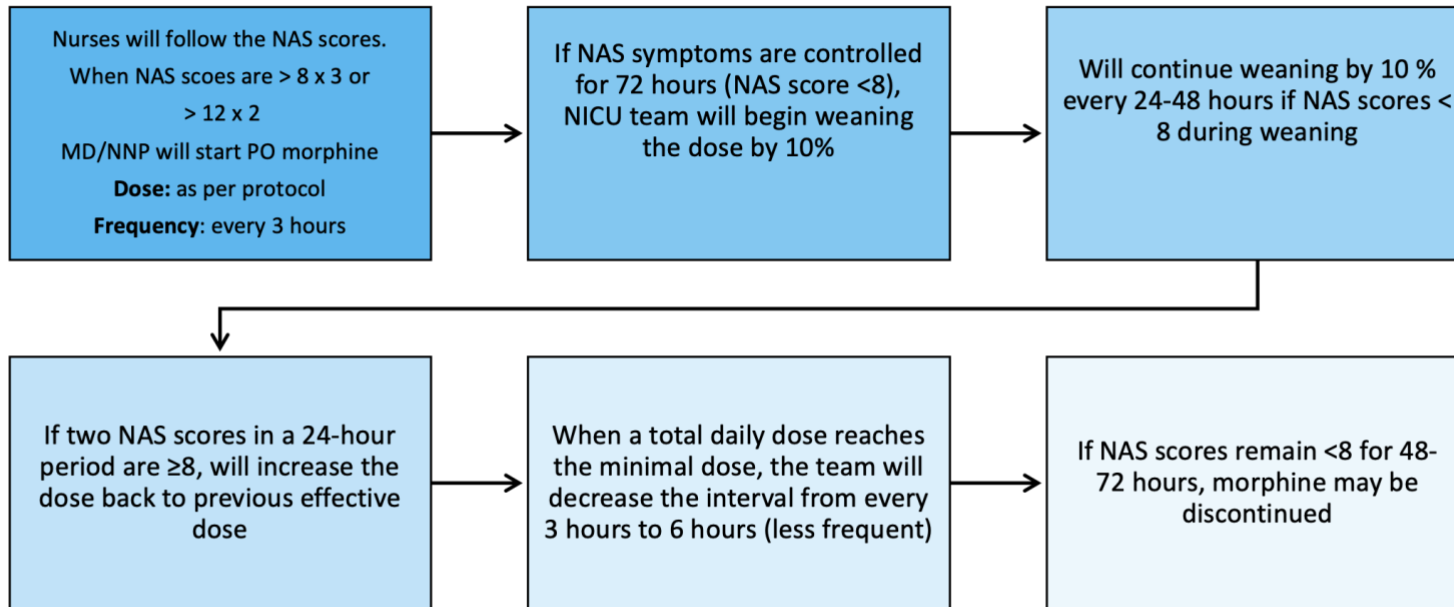


Neonatal Opiate Withdrawal: Information for Parents



Appendix A- Steps in Morphine Weaning



Discharge Criteria (if NAS scores ≤8 for at least 24- 48 hours off Morphine)

- The infant is taking oral feeds and gaining weight
- All discharge planning is complete
- Social work has cleared the infant, and a suitable home has been arranged

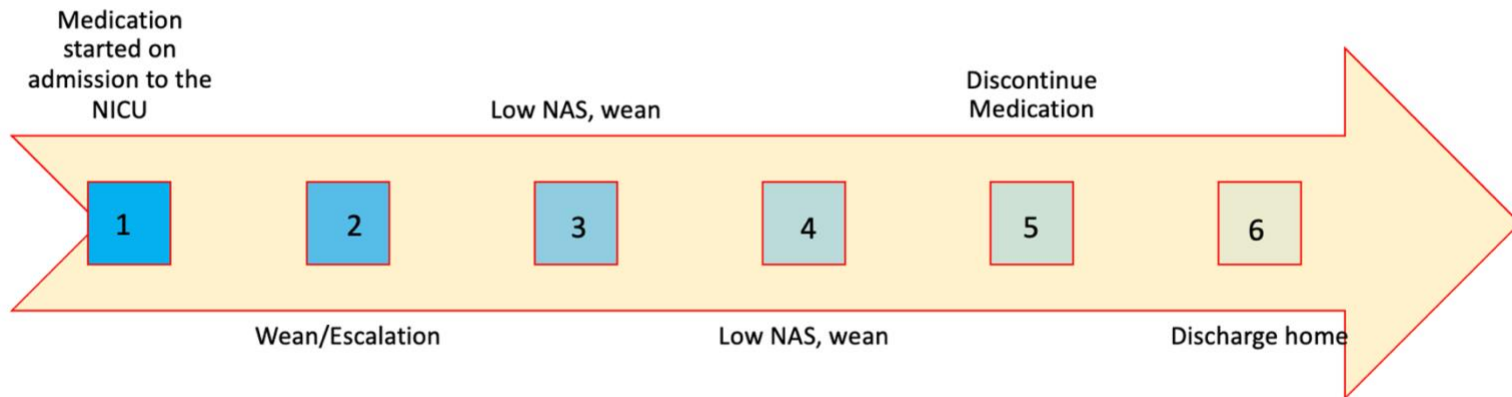
Start Morphine- **Day 0**
NAS controlled > 72 hr – **Day 3** (10% wean)
NAS controlled > 24 hr – **Day 4,5,6,7,8** (10% wean continues)- may varies
NAS controlled at minimal dose – **Day 8 or 9** (wean every 3 to every 6 hr)
NAS controlled > 48-72 hr – **Day 11 or 12** (discontinue morphine)
NAS controlled for 24-48 hr – **Day 13 or 14** (discharge home)

This is a guide for parents, not an official document.



Appendix B

Roadmap from admission to discharge for Infants with Neonatal Opiate Withdrawal Syndrome (NOWS)



NAS- Neonatal Abstinence Score, see the attached sheet





Information
for Parents

Appendix C

NAS (Neonatal Abstinence Score)

Finnegan Neonatal Abstinence Score

CNS: Cry			
CNS: Sleep			
CNS: Moro Reflex			
CNS: Tremors Disturbed			
CNS: Tremors Undisturbed			
CNS: Muscle Tone			
CNS: Excoriation			
CNS: Myoclonic Jerks			
CNS: Convulsions			
Sweating			
Fever			
Yawning			
Mottling			
Nasal Stuffiness			
Sneezing			
Nasal Flaring			
Respiratory Rate			
GI Disturbances: Excessive Sucking			
GI Disturbances: Poor Feeding			
GI Disturbances: Regurgitation/Vomit...			
GI Disturbances: Stools			
Finnegan Neonatal Abstinence Score			

MM/	NAME	DOB								
SIGNS			Birth Weight: _____ grams (x 90% = _____ grams)							
Observations from past 3-4 hours.			Daily Weight: _____ grams							
<i>Start new scoring sheet each calendar day.</i>										
DATE:	SCORE	TIME	TIME	TIME	TIME	TIME	TIME	TIME	TIME	TIME
High pitched cry: inconsolable >15 sec. OR intermittently for <5 min.	2									
High pitched cry: inconsolable >15 sec. AND intermittently for ≥5 min.	3									
Sleeps <1 hour after feeding	3									
Sleeps <2 hours after feeding	2									
Sleeps <3 hours after feeding	1									
Hyperactive Moro	1									
Markedly hyperactive Moro	2									
Mild tremors: disturbed	1									
Moderate-severe tremors: disturbed	2									
Mild tremors: undisturbed	1									
Moderate-severe tremors: undisturbed	2									
Increased muscle tone	1-2									
Excoriation (indicate specific area):	1-2									
Generalized seizure	8									
Fever ≥37.2°C (99°F)	1									
Frequent yawning (≥4 in an interval)	1									
Sweating	1									
Nasal stuffiness	1									
Sneezing (≥4 in an interval)	1									
Tachypnea (rate >60/min.)	2									
Poor feeding	2									
Vomiting (or regurgitation)	2									
Loose stools	2									
<90% of birth weight	2									
Excessive irritability	1-3									
Total score										
Initials of scorer										

Printed Name	Signature/Title	Initials	Printed Name	Signature/Title	Initials

Jansson LM, Velez M, Harrow C. The opioid-exposed newborn: assessment and pharmacologic management. *J Opioid Manag.* 2009;5(1):47-55.