

# Opioid Prescription in Pregnancy

## WHAT TO KNOW



### NOWS

**EVERY 19 Minutes** a baby is born nationally with Neonatal Opioid Withdrawal Syndrome (NOWS)

**NOWS is a complex but treatable condition** that can affect parent-child bonding and have long-term impact on baby's health and development



### EDUCATION

#### Non-opioid Alternatives

- » Acetaminophen
- » Ibuprofen (before 20 wks gestation)
- » Physical therapy
- » Meditation
- » Breathing exercises
- » Acupuncture
- » Exercise
- » Referral to pain specialist



### SKILLS

**Communicate dangers** of opioid misuse to pregnant women

**Ask all patients** about unhealthy alcohol and drug use

**Advocate** for minimum quantities, discontinuation, alternative treatments

## CATEGORIES OF USE

### 1. Short-term prescription use for acute pain (2008 – 2012)

Nationally, more than 1/4 of privately insured and more than 1/3 of Medicaid-enrolled reproductive-aged women (ages 15 to 44) filled a prescription for an opioid.

### 2. Ongoing daily prescription opioid use for chronic pain

### 3. Opioid use disorder (OUD)

Nationally, 75% of people with OUD reported beginning with prescription opioids.

OUD is a life-threatening chronic medical condition with life-saving treatment available.

### 4. Patients on medications for opioid use disorder (MOUD)



**130** deaths daily from opioid-related drug overdoses nationally

## PRESCRIPTIONS

- ✓ Contact the prescriber with questions or concerns
- ✓ Small doses, less than 50 MME (morphine milligram equivalents) per day
- ✓ Patients can get free Naloxone without prescription from many local pharmacies (<https://dhhs.ne.gov/Pages/Drug-Overdose-Prevention-Naloxone.aspx>)
- ✓ Offer Naloxone and overdose prevention education to patients and household members
- ✓ Help with contraception needs
- ✓ Be aware of community support for referral



For more information visit: [npqic.org](https://npqic.org)  
Or scan the QR code