

Next Steps ...

Talk to your doctor to see if the
New Beginnings program is right for you.
To enroll, call

(985) 280-NOWS (6697)

or email

NewBeginnings@SlidellMemorial.org.

A member of our staff is available to meet with
you and discuss how this program will benefit
mom and baby.

New Beginnings is covered by Medicaid and
most insurances. Medicaid also provides
transportation to treatment programs, and
childcare may be available.

For more information,

visit SlidellMemorial.org.



New Beginnings

A comprehensive, life-changing,
family centered experience
for moms with Opioid Use Disorder.





Prescription Pain Medicine, Opioids and Pregnancy

What are opioids? Are you taking a prescription pain killer? These are prescription pain relievers that may be prescribed for you after childbirth, or if you have had surgery, dental work or an injury, to provide relief for acute or chronic pain:

- Buprenorphine
- Codeine
- Fentanyl
- Hydrocodone
- Meperidine
- Morphine
- Oxycodone
- Tramadol

Heroin is also an opioid, but an illegal form. All opioids can be prescribed inappropriately and misused, leading to opioid use disorder (OUD) and even overdose. If opioids are taken during pregnancy, they can cause serious problems for the baby, like Neonatal Opioid Withdrawal Syndrome (NOWS).

Providers at Slidell Memorial Hospital developed the New Beginnings program for moms with OUD and their babies. If you are pregnant and concerned about taking opioids during your pregnancy, this program may be right for you.

Our Goal

New Beginnings will help break down barriers to prepare for a healthy newborn and a healthy, safe lifestyle and environment for both mom and baby. Our goal is to encourage moms to be honest with their medical provider about past and present substance use without fear of judgment. New Beginnings, while requiring commitment, dedication and enrollment in a drug rehab program, is patient-centered and designed to benefit moms and babies without penalty.

What is NOWS?

If you are using opioids during pregnancy, your baby is at risk of experiencing the drug withdrawal syndrome known as NOWS. As a result, your baby may need to be hospitalized for weeks. Signs and symptoms, which often begin shortly after birth and might last weeks to months, include:

- Jitteriness
- Diarrhea
- Uncoordinated sucking reflexes, leading to poor feeding
- Poor growth and sleep
- Body shakes and seizures
- Fever
- Irritability
- High-pitched cry



What Will New Beginnings Do For Me?

Through increased access to resources, support and education, this program will offer the tools necessary to provide a safe, healthy, positive birthing experience. Normally, when a baby experiences withdrawal symptoms, they are kept in the NICU while the mother is discharged and sent home. Taking part in New Beginnings will allow mothers to stay with their baby in a quiet, private room where mom can provide the comfort and care for her baby, decreasing the need for giving the baby medication and decreasing the length of time the baby will need to stay in the hospital. We will create a positive, supportive pregnancy, birth, and parenting experience for moms in hopes of decreasing the severity of newborn withdrawal.