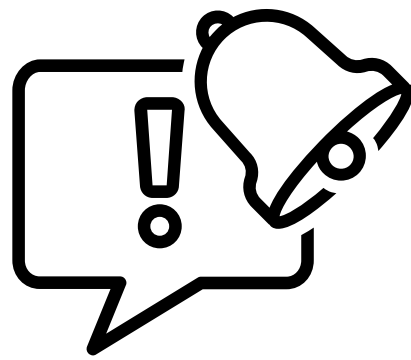


Weight

Considerations

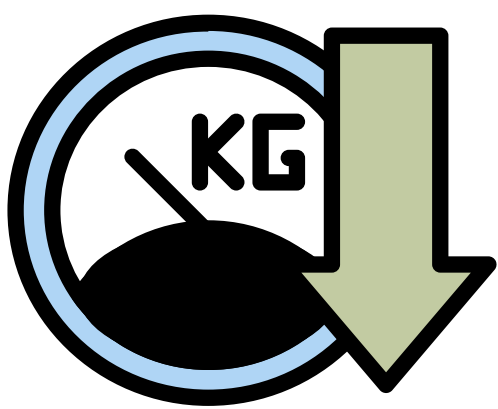
for newborns diagnosed with NOWS

Overarching Importance



- Newborns diagnosed with neonatal opioid withdrawal syndrome have unique requirements for feeding.
 - Withdrawal symptoms can impact feeding ability and thus stable weight.
 - Increased energy requirements due to NOWS symptoms is a contributing factor to excess weight loss or slow weight gain

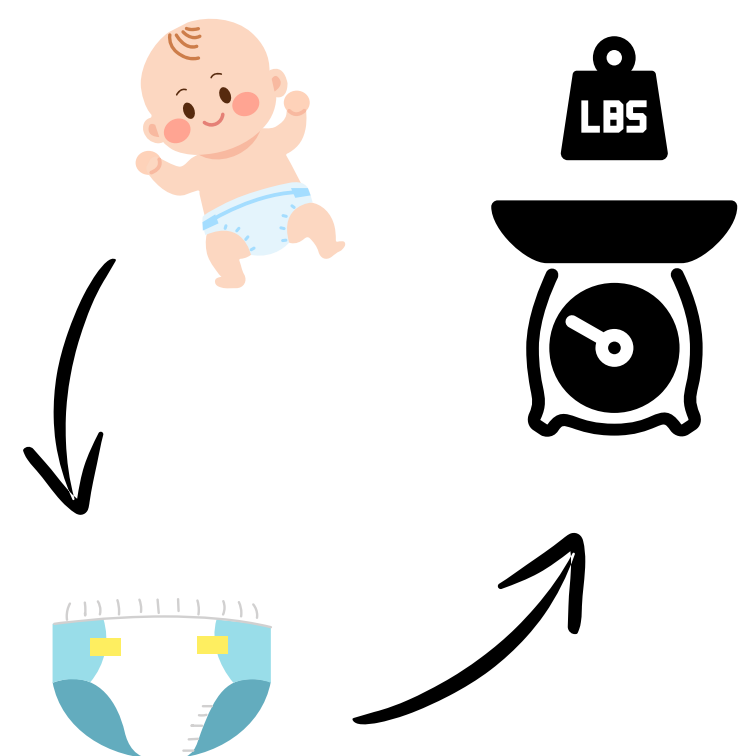
Weight of the Newborn



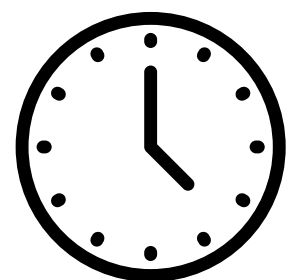
- Symptoms such as loose stool, vomiting, and poor intake (sucking coordination challenges) can lead to **slow weight gain** or **excessive weight loss**.

- It is important to **weigh** the newborn during “**cluster care**” periods to avoid frequent interruptions in the birthparent-newborn dyad.

- Naked
- Belly down (prone)



Timing



- Daily weights at a consistent time each day
 - The time chosen is not important.
- Collaboratively with the family to determine the best time to weigh the newborn.
- For longer periods of stay, consider every second or third day for weights.

Planning Weight Monitoring

- Newborns with longer stays
 - Individualized care plan for weight monitoring (e.g. every second day) depending on their historical growth and needs.

