

## PATIENT INFORMATION

# Poor Neonatal Adaptation Syndrome

Poor Neonatal Adaptation Syndrome (PNAS) is estimated to occur in 25-30% babies who have been exposed to antidepressants. SSRIS are the most widely used antidepressant medications for pregnant women/people.

PNAS symptoms are usually mild, and do not require treatment. The cause of PNAS is still not fully understood; whether the symptoms are caused by the medication in the baby's system or as a result of withdrawal from the medication once the baby is born and is no longer receiving maternal medication across the placenta. It could be the combination of the two issues.

Symptoms usually occur within 8 – 48 hours of birth, and are generally resolved within 72 hours. This means that your baby may not display any symptoms prior to your discharge home from hospital. If you have taken antidepressant medications in your pregnancy, we recommend that a midwife assesses your baby when they are two days old.

Babies may display some or all of the symptoms of PNAS and can be as follows:

- Poor or restless sleep
- Not waking to feed
- Poor feeding
- Agitation/Irritability
- Vomiting and/or diarrhoea
- Tremors
- Jitteriness
- A stuffy nose

It is very important that your baby is assessed if there are any of these symptoms, to allow us to rule out sepsis which can present with very similar symptoms in newborn babies.

Please contact Delivery Suite on 01803 654641 and discuss your concerns with a midwife who will be able to support you, and arrange for a midwife to assess your baby in person.

**Contact Details:**

Specialist Public Health Midwife  
Email: [tsdft.publichealthmidwife@nhs.net](mailto:tsdft.publichealthmidwife@nhs.net)



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For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

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*Working with you, for you*