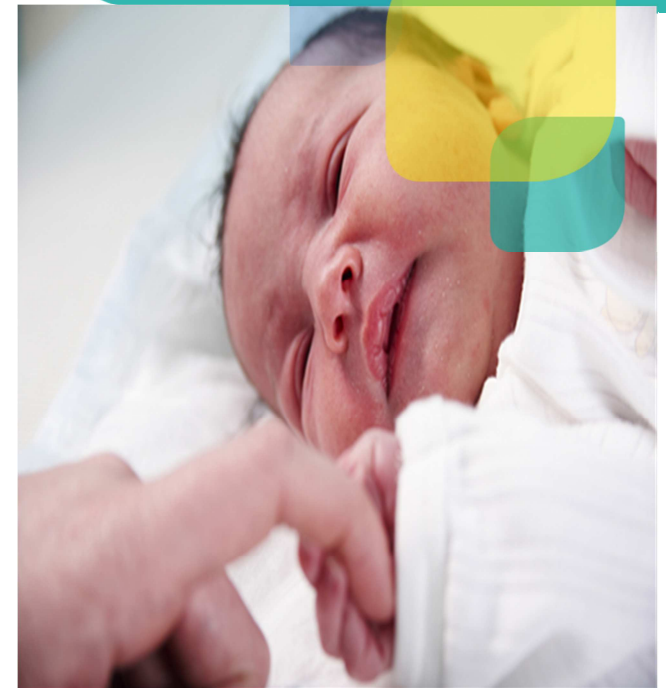


Probiotics and Your Baby



More information

Dyson Centre for Neonatal Care:

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Royal United Hospitals Bath
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Combe Park, Bath BA1 3NG
01225 428331 www.ruh.nhs.uk

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email ruh-tr.PatientAdviceandLiaisonService@nhs.net
or telephone 01225 825656.

Giving your Baby Probiotics

We wish to start your baby on a probiotic as your baby has been born at less than 32 weeks or has been born weighing less than 1.5 Kilograms.

Why is this important for your baby ?

We know that evidence shows that giving probiotics to babies born weighing less than 1500g, or under 32 weeks gestation, halves the risk of death and halves the risk of Necrotising Enterocolitis (a severe inflammation of the bowel) in preterm babies.

Analysis of 11 research studies carried out in preterm babies since 1997 has shown the benefit of giving babies probiotic treatment. The dose is once a day for six weeks or until discharge for babies born weighing less than 1500g or under 32 weeks gestation.

The research has been done in over 2,000 babies, and has shown probiotics to be safe. Probiotics are being given to babies in a number of hospitals in the UK.

What is a Probiotic?

It is similar to adults taking live yoghurt products such as those advertised in the media that are available to buy. Probiotics are used quite commonly for preterm babies in Europe.

It is important to tell you that commercially available yoghurt products would not be suitable for your baby. The probiotic we use is manufactured in Italy by purifying the bacteria from a yoghurt-type liquid.

How will the probiotic be given to your baby?

Probiotic treatment involves giving friendly bacteria to your baby, probiotics are a type of bacteria normally found in babies born at full term who are breast fed.

We aim to start treatment once your baby has been on some milk feeds. Your views on this aspect of your baby's care are obviously very important. If you have any questions about the use of probiotics or any other aspect of your baby's care please ask any member of the neonatal team.

Any further questions?

If you have any questions please ask your baby's nurse or doctor as we are here to help.