

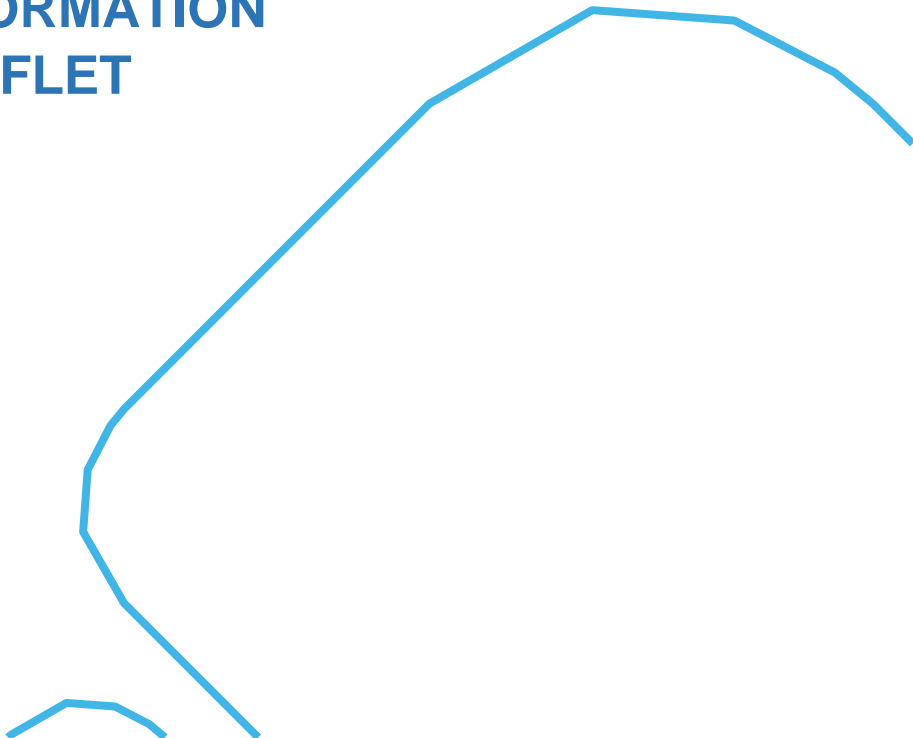


Royal United Hospitals Bath
NHS Foundation Trust

Breastfeeding at home with Breast Milk Fortifier



PARENT
INFORMATION
LEAFLET



Breastfeeding at home with Breast Milk Fortifier

Congratulations

You are taking your baby home breastfeeding or receiving your expressed breastmilk by bottle. Your baby has been prescribed human breastmilk fortifier to be given alongside breast milk feeds for a short period after you go home. Human breastmilk fortifier contains protein, energy and a range of vitamins and minerals which will help support your baby's growth.

How to make the fortified breastmilk supplement

- Before you start ensure the work surface is clean and dry
- Wash hands with soap and water before drying
- Express breastmilk using your usual method
- Measure out 5mls of expressed breastmilk in a sterile bottle then add 1 sachet of (SMA) breastmilk fortifier to the breastmilk.
- Gently swirl (do not shake) the bottle until the powder has dissolved.

How to give fortified breastmilk supplement at home alongside breastfeeds

- We recommend using fortified breastmilk supplements for 6 feeds a day and these should be spread evenly throughout the day.
- When giving fortified breastmilk supplements before a breastfeed, it is important that the baby is awake, alert and showing feeding cues.
- Using a 5ml syringe give the fortified breastmilk supplement orally **before** the full breast feed.



How to give your baby fortified breastmilk supplements by syringe

- Hold your baby in your arms in an upright position.
- Slowly syringe 0.2mls at a time into your baby's mouth.
- Slowly squeeze the milk to the side of their gums and cheek or onto the front part of their tongue.
- Let your baby swallow the fortified breastmilk supplement before giving another 0.2mls.
- Continue to do this until all of the fortified breastmilk supplement has been given.
- You may however choose to give this to your baby as a 5 ml bottle feed.

How to give fortified breastmilk supplement at home alongside bottle feeding

- We recommend using fortified breastmilk supplements for 6 feeds a day and these should be spread evenly throughout the day.
- When giving fortified breastmilk supplements before the bottle feed it is important that the baby is awake, alert and showing feeding cues.
- You can give your baby the fortified breastmilk supplement as a small 5ml bottle feed.
- Followed by the expressed breastmilk feed you have prepared in a separate bottle.

Monitoring your baby's growth

It is important to have your baby weighed regularly. If they continue to follow their growth line (centile) on their growth chart, feel reassured they are drinking sufficient breastmilk to promote healthy growth.

Discharge from the neonatal unit:

We will write to your GP and Health visitor to explain your baby is going home receiving fortified breastmilk supplements

- 1-2 boxes of Breastmilk Fortifier
- 6 x 5ml syringes
- Contact details of Neonatal Dietitians and Community Neonatal Outreach Service.

Other information

- Human breastmilk fortifier is supplied by the Hospital
- Human breastmilk fortifier **must not** be added to infant formula
- Contact the Community Neonatal Outreach Service or Neonatal Dietitian if you are choosing to give your baby infant formula whilst your baby still requires fortified breastmilk supplements.

Contact details

This leaflet has been given to you by the Neonatal Dietitians
Paediatric Dietitian Secretaries 01225 426449

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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.pals@nhs.net or telephone 01225 825656.

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