

Breastfeeding at home with Breast Milk Fortifier

PARENT
INFORMATION
LEAFLET

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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 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 shot

- 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 2 sachets of (Nutriprem) breastmilk fortifier to the breastmilk.
- Gently swirl (do not shake) the bottle until the powder has dissolved.

How to give fortified breastmilk shot at home alongside breastfeeds

- We recommend using fortified breastmilk shots for 4 feeds a day and these should be spread evenly throughout the day.
- When giving fortified breastmilk shots before a breastfeed, it is important that the baby is awake, alert and showing feeding cues.
- Using a 5ml syringe give the fortified breastmilk shot orally **before** the full breast feed.



How to give your baby fortified breastmilk shots 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 shot before giving another 0.2mls.
- Continue to do this until all of the fortified breastmilk shot has been given.

How to give fortified breastmilk shot at home alongside bottle feeding

- We recommend using fortified breastmilk shots for 4 feeds a day and these should be spread evenly throughout the day.
- When giving fortified breastmilk shots 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 shot as a small 5 -10 ml 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.

The decision to stop the fortifier will be made by the outreach nurses or the neonatal dietitian depending on your baby's 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 shots.

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

Other information

- Breastmilk Fortifier is supplied by the Hospital or can be prescribed by your GP once your baby is home.
- 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 shots.

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

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Please contact the Patient Support and Complaints Team (PSCT) if you require this leaflet in a different format or would like to feedback your experience of the hospital.

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

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