

MOTHER'S OWN MILK

Best For Baby, Best For You



F FERNANDEZ
HOSPITAL



stork home

F FERNANDEZ
OUTPATIENT CLINIC

Units of FERNANDEZ FOUNDATION

Dear _____

We congratulate you on having a baby. Your baby is born at _____ weeks and has a birth weight of _____.

We want to introduce to you some important facts which would influence the overall outcome of your newborn baby.

Facts

1. Your baby is premature by _____ weeks as a normal baby is born at 40 weeks and with a birth weight of nearly 3000grams.
2. Because of the prematurity, your baby is likely to have immature organs including the lungs, brain, heart, gut and immune system.
3. The expected complications due to immaturity are many and they vary from baby to baby.
4. We would conduct a lot of interventions and tests on your baby to improve the maturity and monitor the overall outcomes
5. What you can do to help us in improving the survival and quality care of your preterm baby:

a. On the day of delivery:

- i. Know the weight, gestation and gender of your baby;
- ii. Know the NICU team (doctors and nurses taking care of your baby);
- iii. Come to the NICU to see and interact with your baby (wash your hands before entering the NICU);
- iv. Express your milk
 1. Within the first hour after birth
 2. 8 times in a day
 3. For 15 minutes per session and from both the breasts
 4. Ensure at least 2 to 3 night time milk expressions

b. In the first week after birth:

- i. Frequently visit the NICU (wash your hands before entering the NICU);
- ii. Talk to the NICU Nurses and doctors about your baby;
- iii. Initiate Skin to Skin contact as soon as advised by the treating team (under the supervision of a nurse);

- iv. Start breastfeeding your baby as soon as advised by the treating team (under supervision of a nurse);
- v. Express your milk
 - 1. 8 times a day
 - 2. Each session of 15 minutes and from both the breasts
 - 3. Ensure at least 2 to 3 night time milk expressions
- vi. Consume an adequate amount of liquids and good calorie and protein dense food.

c. From 2 second week till discharge:

- i. Frequently visit the NICU (wash your hands before entering the NICU)
 - ii. Practice Skin to Skin contact as long as possible (at least 2 hours in each shift ensuring a minimum of 8 hours per day)
 - iii. Start breastfeeding your baby (on an empty breast and slowly on the full breast)
 - iv. Involve yourself in baby care activities such as spoon feeding, diaper change, clothing, oil massage, weight monitoring and growth monitoring
 - v. Express your milk
 - 1. 8 times a day
 - 2. For 15 minutes each session and from both the breasts
 - 3. Ensure at least 2 to 3 night time milk expressions
 - 4. Give the excess milk to the milk bank. If your baby requires it would be used later, or will be given to any other preterm infant in the NICU who needs it
 - 5. If you are at home, send the expressed milk to NICU at least 2 or 3 times a day. Expressed milk may be stored at room temperature for 6 hours and in the refrigerator for 48 hours. But do visit the baby at least once a day
 - vi. Consume an adequate amount of liquids and good calorie and protein dense food
6. We normally discharge a preterm infant if the weight is more than 1400 grams, has consistent weight gain, is on spoon feeds and is breathing room air and the mother is confident of handling the newborn.
7. The survival rates for preterm infants is as follows at our hospital.

