



## Using Human Milk Fortifier at home Information for parents

**Congratulations** - Your baby is going home having your breast milk, either directly from the breast, expressed breast milk given via a tube and/or by bottle.

To support their growth your baby has been prescribed human milk fortifier to be given alongside breast milk feeds. Human milk fortifier contains protein, energy and a range of vitamins and minerals which will help support your baby's growth and development for a short period after you go home.

To begin with, your baby will need frequent breastfeeds, respond to your baby's feeding cues but ensure they feed every 2-3 hours or at least 8 breast milk feeds a day, including at night time, topping them up by tube as you have been shown, if this is necessary.

### **Items required for fortified breastmilk supplement at home:**

- Human Milk Fortifier sachets - Check the expiry date
- Sterile bottles – 3 or 4 these can be washed and re-sterilised
- 5 ml syringes – 4 these can be washed and re-sterilised or teats – 3 or 4

### **How to prepare the fortified breastmilk supplement:**

- Before you start make sure the work surface in the kitchen is clean and dry
- Wash your hands with soap and water
- Express a small amount of breastmilk using your usual method
- If removing expressed milk from the fridge, warm the milk before adding fortifier
- Measure 3-5mls of expressed breast milk in a sterile bottle
- Add recommended amount of human milk fortifier to the expressed breastmilk
- **Swirl** (do not shake) the bottle gently until the powder has dissolved
- Use immediately, do not store

### **How to give fortified breastmilk supplement:**

Fortified breast milk supplement doses should be spread evenly throughout the day. If you are giving the fortified breast milk supplement before a breast/ bottle feed make sure baby is awake, alert and showing feeding cues.



## **Breast Feeding:**

### **How to give your baby fortified breastmilk supplement by syringe:**

- Hold your baby wrapped in upright cradle hold 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 the all the supplement has been given
- Offer the breast straight away

### **How to give your baby fortified breastmilk supplement via teat:**

- Place your baby in Elevated Side Lying Position
- Place 1 ml of the supplement into a slow flow teat
- Block the teat with a clean or gloved finger (to stop the baby taking in excessive air)
- Allow the baby time to suck and swallow the supplement via the teat
- Add a further 1ml and continue to offer a blocked teat until all the supplement has been given
- Offer the breast straight away

## **Bottle Feeding**

### **How to give fortified breastmilk supplement via a bottle:**

- Add the fortified breastmilk supplement to the bottle of expressed breast milk
- Offer this bottle of expressed breast milk & fortifier supplement straight away, topping up by tube if needed.

### **How much to give:**

Babies should receive recommended doses of human milk fortifier, 4 times per day until they reach 40 weeks, the dose of human milk fortifier reduces over the following few weeks.

Human Milk Fortifier (SMA or Nutriprem)	2 sachets = 1 dose
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### Spread the fortified breastmilk supplements evenly across the day.

Your outreach nurse, dietitian or doctor will complete the table below to help you.

	Date from:	Date to:	Total daily fortifier doses
<b>Discharge to 40 weeks GA</b>			<b>1 dose, 4 times per day</b>
<b>Then give as per doses below:</b>			
<b>Week One</b>			<b>1 dose, 4 times per day</b>
<b>Week Two</b>			<b>1 dose, 4 times per day</b>
<b>Week Three</b>			<b>1 dose, 3 times per day</b>
<b>Week Four</b>			<b>1 dose, 3 times per day</b>
<b>Week Five</b>			<b>1 dose, twice per day</b>
<b>Week Six</b>			<b>NO fortifier, just breast feeds</b>

### Monitoring your baby's growth:

It is important to have your baby weighed and measured regularly. If they continue to follow their growth line (centile) on their growth chart, feel reassured they are having enough breastmilk to grow.

### Please contact the neonatal unit /outreach team or dietitian if:

- You are having any problems making or giving the fortified breastmilk supplements
- You are concerned your baby is not tolerating the fortified breastmilk supplement
- You are having any problems giving any prescribed vitamins or iron supplements
- Your baby is having fewer than 6 feeds in 24 hours
- Your baby has not gained any weight in a week (or has lost weight)
- You are struggling with your milk supply or considering introducing formula to your baby whilst your baby still requires fortified breastmilk supplements,

### Other information

- Sachets of human milk fortifier are supplied by the Neonatal Unit **only**
- Sachets of human milk fortifier should **NEVER** be added to infant formula



**Instructions given by:**

<b>Name</b>	
<b>Signature</b>	
<b>Date</b>	

**Telephone numbers:**

Neonatal Unit.....

Neonatal Outreach Team.....

Neonatal Dietitian.....

**Important notes:**