



# Going Home from Neonatal Transitional Care

## Information for Parents and Carers

The aim of this leaflet is to offer information and advice once you are at home with your baby and are settling into a new family routine.



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## Medication to Take Home

If your baby was born before 37 weeks of pregnancy, then your baby will require some extra vitamins and Iron. These are essential for healthy growth and development. Breast Milk and Formula contain some vitamins, but a baby born early needs more. The dosage will depend on if your baby is breast or formula feeding.

### Multivitamin Drops – Abidec:

**Abidec** is a liquid medicine that is given once a day, when your baby is tolerating milk feeds.

It can be given at any time of the day that suits you, but it is a good idea to try to stick to the same time every day. That way, it becomes part of the baby's routine and you are less likely to miss a dose.

It is given by oral syringe which has been specially designed for the purpose. You will need to measure the correct amount into the syringe.

You will need to give Abidec until your baby is 12 months post your due date. Further prescriptions can be obtained from your General Practitioner (GP) as they would have been notified in the Discharge Letter of any medication. Make sure to leave plenty of time to order a new prescription, and



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that you do not use any that has reached the 'best before/use by' date.

## **Folic Acid:**

Folic Acid helps prevent anaemia and is given until the date your baby was due. This means you will only be giving your baby Folic Acid for a few weeks.

The label on the bottle will say to give to baby until term (the due date of you baby).

It is a liquid medicine and should be given at the same time each day. You will be provided with an oral syringe so you can measure the prescribed dose correctly.

## **Sodium Feredetate:**

Sodium Feredetate (Sytron) is liquid iron supplement that is given to prevent anaemia. It is not started until your baby is 28 days old.

If you are unsure about when you should be starting to give your baby Sytron, please ask your Community Midwife.

You will be supplied with an oral syringe so that you can measure the correct dose. Sytron should be



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given once a day at roughly the same time. You will need to give your baby Sytron for one year. Your GP will be able to provide repeat prescriptions, but make sure you order before you run out. Do not use any Sytron that has reached its 'best before/use by' date.

## **Points to Remember About Medication:**

- Give medicines at the same time each day
- Make sure you order a new prescription before you run out
- Do not use any medicines after the use by or expiry date
- Keep medicines out of reach of children
- Ask your Community Midwife or GP if you have any questions



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## Jaundice

Before birth, babies need a higher level of red blood cells in order to transport oxygen around their body. Once a baby is born, they no longer need these extra red blood cells, so they are broken down. In premature babies this process can be slower, and these waste products can build up in the blood.

Signs of jaundice are; yellow discolouration of the skin and eyes, lethargy and reduced feeding.

Before discharge home, your baby will require a Transcutaneous Bilirubinometer measurement (TBR) or a Serum Bilirubin (SBR). The TBR is a device that takes a reading from the baby's skin and SBR is a heel prick blood test.

You will be informed of the results and if you need to return for any further tests.

You will have an information sheet about jaundice in your Discharge from Hazel Ward leaflet pack.



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## Temperature

Check your baby regularly to make sure they are not too hot or cold. You do this by feeling the back of their neck or tummy and not the hands or feet which can be cooler than the rest of the body.

A nursery thermometer will help you make sure the room where your baby sleeps is at the safest temperature. This is between 16°C and 20°C.

Your baby does not need to wear a hat indoors even though they have been wearing one whilst in hospital.



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## Back to Sleep

The safest place for baby to sleep is in a separate cot or Moses basket in the same room as you for the first 6 months.

Your baby should be placed on their back to sleep, with no soft toys or rolled up towels /blankets in the cot with them.

Co-sleeping with a premature baby is not recommended at all.

Always keep your baby in a smoke free atmosphere.

QR code for NHS stop smoking





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## Car Seats

Premature babies should not stay in car seats for long periods of time.

Ensure your baby's head is in a neutral position and try to avoid the chin on chest position. Always check on your baby regularly.

Don't overdress your baby in the car seat. The straps should come into close contact with baby. On colder days, extra blankets should be placed over your baby once baby is secured in the car seat.

If you are planning a long car journey of 30 minutes or over, frequent stops are advised, and baby removed from the car seat at each stop.

Car seats should only be used for the purpose of travelling; they are not designed for long term use. If your baby falls asleep during a car journey, you **must** remove them once you have reached your destination.

Never put a rear facing car seat on the front seat of a vehicle with an active passenger airbag, as this is not safe.





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## Infant Feeding

Depending on the reason why your baby is on Transitional Care your baby will either be responsively feeding or on a feeding plan.

On discharge you should be aware of the next steps in your feeding journey and these can be discussed with your Community Midwife at home.

Community groups such as 'Breastmates Swindon' (via Facebook) provides on-going support, but if you have on-going feeding concerns please email:

The Infant Feeding Specialist Midwives

[gwh.infantfeedingmidwives@nhs.net](mailto:gwh.infantfeedingmidwives@nhs.net)



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## **Where to get more information:**

Going Home from the Maternity Unit Leaflets.

YouTube GWH Maternity Discharge Video.

The Lullaby Trust: [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

The Baby Friendly Initiative: [www.unicef.org.uk](http://www.unicef.org.uk)

Your Community Midwife and Health Visitor.

If you are worried that your baby is unwell, you can seek urgent medical advice by calling 111.

## **If it is an emergency, then call 999.**

You can call your GP if it is non-urgent and can seek advice from your Health Visitor or Community Midwife.



# Going Home from Neonatal Transitional Care

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

**This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email [gwh.pals@nhs.net](mailto:gwh.pals@nhs.net)**

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