

Going home on human milk fortifier



Before you go home your baby will have started human milk fortifier mixed with your breast milk (we encourage and support continued breast feeding and/or breast milk feeding).

Human milk fortifier provides some extra calories, protein and vitamins for your baby and may be continued after you're discharged from hospital to help promote catch up growth. Catch up growth is when weight centile line has increased back up to the birth weight centile line, and your baby's head circumference and length are increasing in a similar pattern to weight.

Human milk fortifier is only suitable for infants born prematurely and as advised by neonatologist and/or paediatric Dietitian.

You'll be given a supply by the neonatal unit and then any further human milk fortifier that you might need will be provided by the neonatal unit. It is not available on prescription from your GP.

Human milk fortifier can be used until your baby reaches **3-6 months** *corrected age (actual age minus the number of weeks premature).

Your health visitor will monitor how your baby is growing by measuring weight, length and head circumference.

We'll discuss with you about stopping the human milk fortifier as your baby shows catch up growth.

HUMAN MILK FORTIFIER

Breastfeeding

Mix 1 sachet of human milk fortifier with 5-10ml of expressed breast milk and offer between feeds. Give 3 times per day.

Feeding

Mix 1 sachet into a breast milk bottle feed via expressed. Do this three times every day.

Breast milk

If more fortification is required this will be discussed with you and advice may be given to increase to maximum of 6 sachets per day.



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www.careopinion.org.uk

Pub. date:	June 2022
Review date:	June 2024
Issue No:	01
Clinical lead:	

A4-PIL.PIL.GHOHMK.22_11156.L