

# Going home on preterm formula



Before you go home your baby will have started preterm nutrient enriched formula or mixed feeding (we encourage and support continued breast feeding and/or breast milk feeding).

Preterm formula has higher calories, protein and added vitamins than standard first stage formula.

**Preterm nutrient enriched formula 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 for the first few days at home, then the formula will be prescribed by your GP. As it is a specialist formula it may take 1-2 days for your local pharmacy to get this in stock. Please let your GP practice, health visitor or specialist nurse know if you are having problems with the prescription.**

Pre-term formula can be prescribed 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 when formula can be changed to a standard first stage formula as your baby shows 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.

When you're changing to standard formula vitamins and iron (abidec and sytron) may have to be restarted if these were stopped while your baby was on preterm formula.



## SPECIALIST INFANT FORMULA

Number of tins (for 30 days)				This is a guide for monthly requirements
Age	400g tins	800g tubs	900g tubs	
Under 6 months; on discharge home 0-6 months	6 6-11	4 4-6	3 3-5	Infants less than 6 months and exclusively formula fed and drink (on average) 150ml/kg/day of a normal concentration formula.
6-12 months	6-8	3-4	3-4	Infants aged 6-12 months require less formula as they start to eat more solid food



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