

Breastfeeding at home with breast milk fortifier supplements

This leaflet is for parents and carers of babies leaving Buscot Ward and gives instructions on how to supplement breastmilk with a breast milk fortifier.

Introduction

Your baby is going home breastfeeding with the addition of breast milk fortifier. Breast milk fortifier contains protein, energy and a range of vitamins and minerals which will help support your baby's growth for a short period after discharge. Your baby will also need 1ml Sytron daily until 12 months of age. To begin with, your baby will need frequent breastfeeds – every 2-3 hours or at least 8 breastfeeds a day, including at night time.

How to make the fortified breast milk supplement

- Before you start ensure the work surface in the kitchen is clean and dry.
- Wash your hands with soap and water and dry them well.
- Express breast milk using your usual method.
- Measure 5mls of expressed breast milk in a sterile bottle.
- Add 1 sachet of breast milk fortifier to the 5mls breast milk.
- Gently shake the bottle until the powder has dissolved.

How to give fortified breast milk supplement at home alongside breastfeeds

- Using a 5ml syringe give 5ml of the BMF supplement orally before each full breastfeed 4 times per day.
- Continue giving the fortified breast milk until 8 weeks after your baby's due date - e.g. **48** weeks of age.

How to give your baby fortified breast milk supplement by syringe

- Hold your baby in an upright 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 breast milk supplement before giving another 0.2mls.
- Continue to do this until all the supplement has been given.

How to give fortified breast milk supplements alongside bottle feeding

- If you have chosen to bottle feed your baby expressed breast milk, fortified breast milk supplements should be given separately as a small 5ml bottle feed.

- Offer a 5ml fortified breast milk supplement via a bottle 4 times per day before each feed.
- Follow this with the remainder of the expressed breast milk in a separate bottle.

Monitoring your baby's growth

It is important to have your baby weighed regularly. If they continue to follow their growth line (centile) on their growth chart, feel reassured they are drinking sufficient breast milk to promote healthy growth.

Please contact the neonatal team if:

- You are having any problems with making or giving the fortified breast milk supplements.
- You are concerned your baby is not tolerating the fortified breast milk supplement.
- 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).

Other information

- Sachets of breast milk fortifier are only supplied by the Neonatal Unit (Buscot).
- Sachets of breast milk fortifier should not be added to infant formula.
- If you choose to give your baby formula while your baby still requires BMF supplements, please contact Buscot Ward for further advice.

Contact us

Buscot Ward 0118 322 7430

Further information

If you have any questions or concerns, please speak to the nurse or doctor looking after your baby.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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