

BREASTFEEDING YOUR BABY AT HOME WITH BREAST MILK FORTIFIER



Introduction

This leaflet explains what breast milk fortifier (BMF) is and why we recommend it for your baby. Please ask your Neonatal Team if you have any questions about the information below.

Supporting you to breastfeed your baby at home

Breast milk is the perfect food for your baby for the following reasons:

- It contains all the nutrients that a baby needs to grow
- It is the most easily digestible food for babies who are born prematurely
- It helps your baby's immune system fight infections

When babies are born early, they have higher nutritional requirements compared to term babies and very minimal nutrient stores. Therefore, they need some extra nutrition to support their growth and optimise their bone health. Breast milk fortifier contains protein, energy and a variety of vitamins and minerals to support your baby's growth. Sometimes, babies will need to continue with breast milk fortifier for a short period of time when they go home to continue to help them grow.

Does breast milk fortifier have any side effects?

A small number of babies may not be able to digest their expressed breast milk completely when breast milk fortifier is

added, and they may have loose stools or be a little bit sick; but this is usually temporary. There is no evidence that using a breast milk fortifier causes allergies or cow's milk protein intolerance.

What is it made from?

The main ingredient in BMF is protein. It is based on cow's milk but has been broken down to make it easier for your baby to digest and absorb and less likely to cause intolerance. Other nutrients are also added under strictly controlled manufacturing processes. Important essential fatty acids, which are key for brain development, come from fish oils and these are also added. There is no current evidence available in the UK to suggest that other fortifiers made from human breast milk or plant-based sources are safe and effective to use in babies who are born prematurely.

Using breast milk fortifier at home

Sometimes it may be useful to support the growth of your baby with BMF, whilst breastfeeding, when you go home. You will be given a supply of BMF when you are due to be discharged, and further supplies can be obtained via your neonatal community outreach team or on prescription from your GP.

How do I give breast milk fortifier to my baby?

A sachet of BMF can either be added to a bottle of expressed breast milk or given as a smaller 'booster' before a breastfeed.

How to make the fortified breastmilk booster

- Before you start make sure the work surface is clean and dry and wash your hands.
- Measure the amount of expressed breast milk needed into a sterile bottle. This is usually approximately 10mLs of breast milk.
- The fortifier will dissolve better if the expressed breast milk is at room temperature before the BMF is added.
- Add 1 x sachet of BMF to the expressed breastmilk and swirl (don't shake) the bottle gently until dissolved.
- It is recommended to use the fortified breast milk booster immediately.
- Your Dietitian or Neonatal Nurse will advise you on how many sachets of BMF you need to use within 24hours

The neonatal team will show you and support you to do this before you go home.

When do I stop the breast milk fortifier?

Your Neonatal Dietitian or Neonatal Community Nurse will advise you when to start reducing the dose and finally when to stop it once you are at home.

Alternatively, you will be given some advice by your neonatal team before you go home on how to decrease the breast milk fortifier over a few weeks. Your baby's feeding plan may look similar to this:

Your Baby's Feeding Plan:

The Breast Milk Fortifier is called.....

How to give as a reducing dose:

Week 1: Addsachets per day

Week 2: Addsachets per day

Week 3: Addsachets per day

Or as per Dietitian/Community Nurse plan below

Using breast milk fortifier with infant formula

BMF **should not** be added to formula so if you choose to start formula whilst your baby is taking BMF supplements please contact your dietitian or community neonatal nurse.

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 breastmilk to promote healthy growth.

Please contact the Dietitian/Neonatal Home Team if:

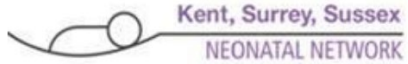
- You are having any problems with making up or giving the breast milk fortifier
- Your baby is refusing to take the breast milk fortifier
- You are concerned your baby is not tolerating breast milk fortifier

Dietitian Contact Details:

Name:

Telephone.....

Email address.....



Community Neonatal Nursing Team Contact Details:

Telephone.....

Email address.....

Other information/Contacts

Further Information

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