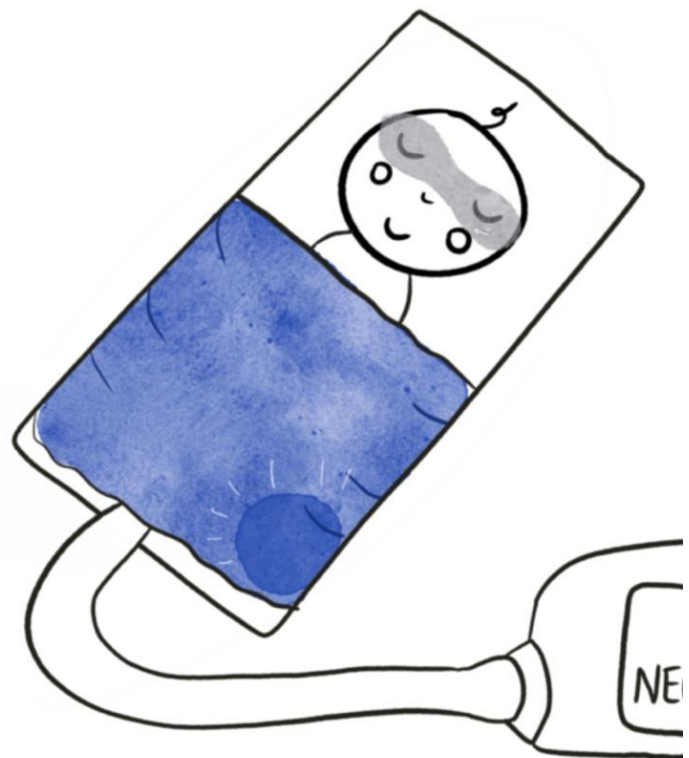


PARENT INFORMATION LEAFLET

Home phototherapy



Your baby needs treatment for jaundice in the form of phototherapy. This leaflet explains how we will provide that treatment in your own home.

What is jaundice?

You will be given the Jaundice Information Leaflet which explains what jaundice is.

What is home phototherapy?

If your baby needs phototherapy, we will consider providing that care in your home. Before we do that, we need to be confident that your baby can maintain their body temperature and they are feeding well. The Medical team along with the Neonatal Community Outreach Team (NCOT) will assess your baby and decide whether home phototherapy is the most suitable treatment.

For effective treatment, phototherapy should be applied for most of the time (24 hours a day). You can give your baby short breaks up to 30 minutes for nappy changing, feeding and cuddles. Your baby's eyes should be protected from the light using the eye shield provided.

How will the jaundice be monitored?

We will be doing daily blood tests to measure the bilirubin level which needs to be below a certain level before deciding to stop phototherapy. The blood tests are done by taking a small sample of blood from your baby's heel. If this is not possible, we may ask you to return to the hospital for this test. If the level is rising, we may need to consider readmission to hospital for further assessments.

Our team will keep you updated and let you know when phototherapy can be stopped. Once the phototherapy has been discontinued, we will need to take a further blood test to make sure that the rebound level is not rising.

How to use the NeoBLUE blankets

The nursing team will demonstrate how to set up the equipment.

1. Position fibre optic blanket with mattress in your baby's cot/bassinet.
2. Position light box away from your baby, on a flat, stable surface, free from obstruction and clutter.

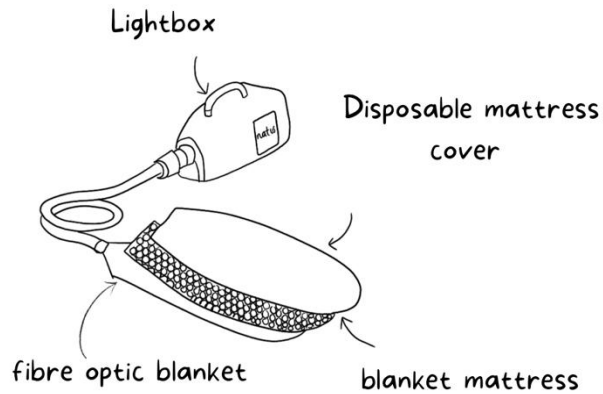
To avoid overheating the light box, check that the air vents are not covered with blankets, clothing, dust, and loose fibres, or positioned against obstructing surfaces.

3. Insert fibre optic cable into the fibre optic coupling.
 - When inserting or removing the fibre optic cable from the light box, hold the light box with one hand to secure and prevent it from moving.
 - Connect power supply to suitable wall outlet. Power supply cords should be safely routed.
4. Apply disposable cover by slipping over the blanket mattress
5. Shield baby's eyes with protective eye shields before beginning phototherapy.
6. Place baby on top of neoBLUE blanket covered mattress, wearing only a nappy.

To avoid any entanglement, always place the baby on the fibre optic mattress with their feet towards the cable.

Be sure the maximum area of light is in contact with your baby's skin.

7. Swaddle your baby as needed. Your baby along with the fibre optic mattress may be covered or wrapped in a thin blanket to provide comfort, security, and warmth. Your baby will continue to receive effective phototherapy treatment as long as the 'light' section of the mattress remains in contact with the skin, even during feeding and cuddling.
8. Switch on power.

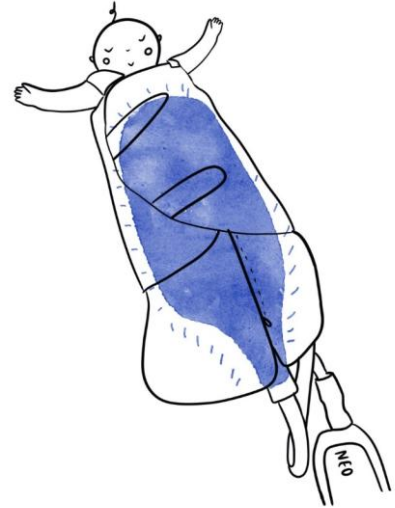


Important things to note

- For hygienic purposes, never place a baby directly on the bare fibre optic mattress.
- Do not lay or hang the fibre optic cable where it could be crushed as this may damage the cable's outer protective cover and the optical fibres
- Do not bend the fibre optic light pad or cable at a sharp angle
- Do not place anything on the fibre optic cable
- If the fibre optic cable or mattress is ripped, punctured, or damaged, stop using and contact NCOT or the Neonatal Unit
- The light box is not waterproof. Do not put it where liquids may spill as this can damage the equipment and create an electric shock hazard
- Do not look directly into the blue light if you have light sensitivity as this may cause you to have headaches, nausea, or mild vertigo. You will need to turn the light off while attending to your baby.



- If your baby is given a swaddle blanket, you do not need the eye mask (as pictured on right)
- Do not clean the light box, blanket or mattress with abrasive cleaners, alcohol, acetone, or other solvents. Clean the equipment using a soft cloth dampened with a mild detergent solution or with soap and water
- Always switch off the power and disconnect the power cord from the light box when cleaning the device.



General information

How to check your baby's temperature

The best way to check your baby's temperature is by putting your hand on their chest or the back of their neck. Don't use their hands or feet as a guide as they will always feel cooler than the rest of their body.

How do I know my baby is having sufficient milk?

Your baby will be waking up for feeds and will have had no less than 6 feeds in 24 hours.

Your baby is generally calm and relaxed and content after most feeds.

You should check the contents of your baby's nappies. The contents of your baby's nappies will change during the first week. These changes will help you know if feeding is going well. Speak to your midwife if you have any concerns.

Baby's age	Wet nappies	Dirty nappies
1-2 days old	1-2 or more per day Urates may be present – a dark pink/red substance that many babies pass in the first couple of days. At this age they are not a problem, however if they go beyond the first couple of days, you should alert a health professional as that may be a sign that your baby is not getting enough milk.	1 or more dark green/black 'tar like' called meconium
3-4 days old	3 or more per day nappies feel heavier	At least 2, changing in colour and consistency - brown/green/yellow, becoming looser ('changing stool')
5-6 days old	5 or more Heavy wet	At least 2, yellow- may be quite watery
7-28 days old	6 or more Heavy wet	At least 2, at least the size of a £2 coin yellow and watery, 'seedy' appearance

How do I know my baby is more jaundice?

Your baby's skin turns brighter yellow or orange. Your baby is very sleepy, including difficult to wake for feeds.

What are the side effects of phototherapy?

Your baby may have loose stools that are sometimes greenish in colour. This is normal as this is the way the body removes the bilirubin.

Your baby may have skin rashes, but this is very rare.

How should my baby sleep while on biliblanket?

Put them on their **back** for every sleep in a clear, flat sleep space.

Contact details

You can contact the NCOT team between 8am-6pm on **0131 242 2587** (please note that this is an answer machine service)

Out with these hours you can contact:

- RIE Neonatal Unit on **0131 242 2601**
- St. John's Hospital on **01506 524 386**.

