



Congratulations! - your baby is going home on breast milk. To support their growth, your baby has been prescribed a **breast milk fortifier (BMF)** to be given alongside breast milk feeds.

BMF contains extra nutrition including energy and protein. Along with your breast milk, BMF helps to support your baby's growth and other needs, such as developing strong bones.

At home, BMF is mixed with **5 mls of your expressed breast milk** and given before some breast feeds. We call this supplement a ‘booster’.

Boosters are usually used for a few weeks and started around the time of your baby's discharge home from neonatal unit.

If your baby is having some expressed breast milk (EBM) from a bottle, the booster can be added to this instead of being given directly to baby in a syringe. Remember that to begin with, your baby will need frequent breastfeeds - every 2 to 3 hours or at least 8 breastfeeds a day, including at night time.

## Supplies of fortifier and syringes

A supply of fortifier and syringes will be given to you before discharge.





## How to prepare and use fortifier

- Before preparing the booster, clean and dry your work surface
- Wash your hands with soap and water
- Add 2 sachets of fortifier to a sterile bottle
- Then add 5 ml warmed expressed breast milk. Swirl gently until the powder has dissolved
- Draw up into a clean syringe
- Use it immediately, directly BEFORE a breastfeed
- Dispense the booster slowly into your baby's cheek. Allow your baby time to swallow small amounts before giving more
- If you are giving some EBM from a bottle, you can alternatively add the booster to this.
- **Boosters must not be stored.**

You may notice that after adding the fortifier, the milk may appear pink. This is normal and is not a cause for concern.

## How much to use?

You will be advised how many sachets to give each day. The Community Neonatal Outreach Team will visit you regularly to check growth measures such as weight, length and head circumference. Your baby's growth progress will be discussed with the dietetic and medical team.

## Other supplements

Please ensure that additional vitamin and iron supplementation is given as prescribed.

Baby's name: \_\_\_\_\_

Number of boosters daily: \_\_\_\_\_ (\_\_\_\_\_ sachets)

## Contact us

You are welcome to contact the team between visits if you have any queries or concerns:

Community Neonatal Outreach Team: **0131 242 2587**

Neonatal Dietitian: **0131 312 1075**

