

Patient advice sheet

Human Breast Milk Fortifier information sheet for parents

Your baby is going home breast feeding with Human Breast Milk Fortifier (HBMF).

HBMF is made from cow's milk protein and contains vitamins and minerals to support growth for up to 6 weeks after your baby's due date.

When your baby is ready to be discharged from the neonatal unit you will be informed how many HBMF boosts your baby requires.

Your baby may require HBMF boosts until 6 weeks corrected age.

Your baby's growth will be monitored in the community by the neonatal outreach team.

When administering HBMF please follow the instructions below:

1. Prepare a clean surface area and wash hands
2. In a sterile bottle measure out 5ml of expressed breast milk (room temperature) with one sachet of HBMF
3. Gently swirl the mixture (do not shake as this can destroy the properties of the milk)
4. Feed your baby the HBMF as demonstrated by the neonatal team prior to discharge home
5. Once the HBMF is mixed with expressed breast milk it cannot be stored in the fridge and needs to be administered immediately
6. Offer your baby a breast feed after they have taken the boost

Please contact the neonatal outreach team if you have any concerns or questions regarding your Baby's feeding plan Buc-tr.community-neonatal@nhs.net

How can I help reduce healthcare associated infections?

Infection prevention and control is important to the well-being of our patients and for that reason we have infection prevention and control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to and after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser as hand sanitisers are not suitable for use when dealing with patients who have symptoms of diarrhoea.

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Patient Advice Sheet

If you would like a copy of this information on audiotape, in large print or translated, please call the Patient Advice Liaison Service on 01296 316042 or email bht.pals@nhs.net

Legal Notice

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible, but please note that it is subject to change. Please therefore always check specific advice on any concerns you may have with your doctor