

## Neonatology

# Breast milk fortifier (BMF) on discharge

## Information for parents and families

### Your baby is going home on BMF powder

BMF is being given to support your preterm baby's growth while you continue breastfeeding at home. It is designed to boost the intake of your baby's protein and several different vitamins and minerals. BMF cannot be prescribed by your GP but can be collected from the neonatal unit on arrangement with the outreach team or dietitians.

### Your baby's plan

- your dietitian will tell you how many sachets to give to your baby each day
- give the BMF sachets evenly throughout the day. BMF should be given immediately before a breast feed, using the method that you found worked best whilst on the neonatal unit (ideally syringe, otherwise nipple shield / teat)
- we usually advise mixing 2 x 1g sachets of BMF in 4ml of expressed breast milk to make a BMF concentrate. You will be shown how to do this before your baby is discharged
  - clean surface and wash hands
  - collect expressed breastmilk, BMF sachets, syringe and a small cup and place on the surface. Ensure all are clean and dry.
  - add 4ml of expressed breastmilk and the 2 x 1g BMF sachets to the cup
  - gently stir the mixture with the syringe until fully dissolved
- your baby's weight will be reviewed weekly by the outreach team and the dietitian will contact you to advise about any change in the number of sachets given
- BMF is only usually needed until 4 to 8 weeks after your baby's due date

### Important points

- if you have left over breast milk mixed with BMF, please through it away
- BMF must not be added to formula milk
- if your breast milk supply is decreasing, please contact the outreach lactation consultants for support to increase your supply
- if you start giving your baby formula milk, please let the outreach team and dietitian know as you may need to reduce the amount of BMF given

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- your baby will need five drops of Healthy Start vitamins and 1ml of Sytron (iron supplement) each day. Both of these can be added to the BMF concentrate
  - if your baby is started on other medications, ensure the medicine is given at a separate feed to the BMF
  - discuss with your dietitian or outreach team before starting Gaviscon infant sachets

If you have any questions please do not hesitate to contact / leave a message for the dietitian on 020 3313 3048. Leave your baby's name, date of birth and your contact number.

## How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3313 0088** (Charing Cross, Hammersmith and Queen Charlotte's & Chelsea hospitals), or **020 3312 7777** (St Mary's and Western Eye hospitals). You can also email PALS at **imperial.pals@nhs.net** The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department

Fourth floor

Salton House

St Mary's Hospital

Praed Street

London W2 1NY

Email: **ICHC-tr.Complaints@nhs.net**

Telephone: **020 3312 1337 / 1349**

## Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team:

[imperial.patient.information@nhs.net](mailto:imperial.patient.information@nhs.net)

Neonatal Unit

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