

HOSPITAL DISTRICT OF SOUTHWEST FINLAND

DIETARY SUPPLEMENTS FOR A PREMATURE INFANT

Your doctor will give you a prescription regarding the supplements planned for your baby. The instructions applying to your baby have also been marked in the list below.

1. Fortification of breast milk: **Nutrilon BMF** or **Nutrilon Premilon** milk for premature babies

- Until they gain the weight of 3.5 kg
- a) **Nutrilon BMF** (50 sachets/package)
 - A total of six sachets to be given during 24 hours divided in at least for three meals. Two sachets (2 x 2.1 g) can be mixed with 0.5-1.0 dl of breast milk (or normal baby formula) just before feeding.
 - Breast milk lasts for 24 hours in the refrigerator.
- b) **Nutrilon Premilon** 900 g powder jar = 6.4 liters of ready-made solution
 - Three measuring spoonfuls are mixed with 90 ml of boiled water which is cooled = 100 ml ready-made milk.
 - You can prepare the needed amount of milk for one day. The ready-made milk lasts 24 hours in the refrigerator.

2. **Niferex UCB Pharma 30 mg/ml** iron solution

- The dosage of the iron solution is based on the baby's weight

less than 2kg	2 x 1 drops/day
2 kg	3 drops/day
3 kg	4 drops/day
4 kg	5 drops/day
5 kg	7 drops/day
6 kg	8 drops/day
7 kg	10 drops/day
8 kg	11 drops/day
9 kg	12 drops/day
>10 kg	13 drops/day

- Niferex iron solution should be started at the age of one month, and continued till the age of 12 months
- It can be added to the milk right before feeding (before introducing solid foods), mashed food, water, or juice.
- The dentists in Tyks don't recommend to whiten the teeth with citric acid since it can corrode the teeth.

3. **Vitamin D drops** (e.g. Jekovit D3, Devisol, Devitol)

- For all babies, five drops per day
- Prevents the development of rachitis.
- Can be bought in a pharmacy without a doctor's prescription

For those premature infants who do not get Nutrilon BMF or Nutrilon Premilon milk, a special “Keskostippa solution” as well as calcium and phosphate supplements can be prescribed.

4. **Keskostippa** 0.2 ml per day until the bottle of Keskostippa is finished.

- Contains vitamins A, B12, E and folic acid.
- Keep in the original package because the solution is sensitive to light.
- Keep in the refrigerator where it lasts for three months.
- Use the syringe for correct dose.

5. **Phosphate solution** 1 ml twice per day until the baby gains the weight of 3.5 kg or according to the physician’s prescription.

- Keep in room temperature where it lasts only for two weeks.

6. **Calcium Sandoz** powder 250 mg per day until the baby gains the weight of 3.5 kg or according to the physician’s prescription.

7. Additional medication

Reimbursements

Nutrilon BMF and Nutrilon Premilon

- Special milk products until 3.5 kg weight
- A medical certificate (Form 602) has to be delivered to the Social Insurance Institution of Finland (KELA) before these special milk products will be bought at the pharmacy.
- KELA gives a reimbursement of the actual price according to the current regulations.

Hospital District of Southwest Finland • www.vsshp.fi/en • Tel. 02 313 0000

This instruction is intended for our patients who are in a care relationship.