

Nutrition Posthospital Discharge

Supplemental Resources

Guidelines for Healthcare Providers

Smith VC, Love K, Goyer E. NICU discharge preparation and transition planning: guidelines and recommendations. *J Perinatol*. 2022;42(Suppl 1):7-21. doi:10.1038/s41372-022-01313-9 Erratum in: *J Perinatol*. 2022 Mar 30.

Koletzko B, Zhenghong L. Feeding after Discharge. In: Koletzko B, Cheah FC, Domellöf M, van Goudoever JB, Poindexter BB, Vain N, eds. *Nutritional Care of Preterm Infants: Scientific Basis and Practical Guidelines*, 1st ed. World Review of Nutrition and Dietetics. 2021. 325–329. <https://doi.org/10.1159/000514767>

Canadian Paediatric Society – NICU Discharge Recommendations

Anderson N, Narvey M. Discharge planning of the preterm infant. *Paediatr Child Health*. 2022;27(2):129-130. doi:10.1093/pch/pxac001

Canadian Paediatric Society (www.cps.ca) A checklist of recommendations (2022): https://cps.ca/uploads/documents/A_checklist_of_recommendations_-_discharge_planning.pdf

Key Publications

Evidence-based Discharge Nutrition to Optimize Preterm Infant Outcomes

Taylor SN, Martin CR. Evidence-based Discharge Nutrition to Optimize Preterm Infant Outcomes. *Neoreviews*. 2022;23(2):e108-e116. <https://doi.org/10.1542/neo.23-2-e108>

Postdischarge Nutrition of Preterm Infants: Breastfeeding, Complementary Foods, Eating Behavior and Feeding Problems

Haiden N. Postdischarge Nutrition of Preterm Infants: Breastfeeding, Complementary Foods, Eating Behavior and Feeding Problems. Nestlé Nutrition Institute Workshop Series. 2021:96:34-44. <https://doi.org/10.1159/000519399>

Tools for Health Care Providers

Nutrition for the Preterm, VLBW Infant After NICU Discharge

American Academy of Pediatrics. Patient Care. Last updated May 31, 2022.

<https://www.aap.org/en/patient-care/newborn-and-infant-nutrition/nutrition-for-the-preterm-vlbw-infant-after-nicu-discharge/>

Resources for Families and Caregivers

How Should I Feed my Premature Baby?

HealthyChildren.org Source: American Academy of Pediatrics, Boston Medical Center and W.K. Kellogg Foundation. Last updated January 2023. Available at <https://www.healthychildren.org/English/ages-stages/baby/preemie/Pages/how-should-i-feed-my-premature-baby.aspx>

What Will I Need to Care for My Baby at Home After NICU Discharge?

HealthyChildren.org Source: American Academy of Pediatrics, Boston Medical Center and W.K. Kellogg Foundation. Last updated January 2023. <https://www.healthychildren.org/English/ages-stages/baby/preemie/Pages/what-will-i-need-to-take-care-of-my-baby-at-home-after-leaving-the-NICU.aspx>



Nutrition Posthospital Discharge

Getting ready to go home from the NICU

March of Dimes. Healthy Moms. Strong Babies. Last reviewed June 2017.

<https://www.marchofdimes.org/find-support/topics/neonatal-intensive-care-unit-nicu/getting-ready-to-go-home-nicu>

Feeding your baby after the NICU

March of Dimes. Healthy Moms. Strong Babies. Last reviewed June 2019.

<https://www.marchofdimes.org/find-support/topics/neonatal-intensive-care-unit-nicu/feeding-your-baby-after-nicu>

Low Milk Supply

WIC Breast Feeding Support. USDA.

<https://wicbreastfeeding.fns.usda.gov/low-milk-supply#:~:text=Hand%20express%20or%20pump%20after,and%20eat%20a%20healthy%20diet>

[English](#) | [Español](#)

CDC's Developmental Milestones: <https://www.cdc.gov/ncbddd/actearly/milestones/index.html>

CDC's *Milestone Tracker* App

<https://www.cdc.gov/ncbddd/actearly/milestones-app.html>

***Milestone Tracker* App Promotional Toolkit:** [English](#) | [Español](#)

Nutrition Posthospital Discharge

Preemie FEED (Facilitating Enteral Education at Discharge) Form

Goals and Recommendations for Infants Born < 32 weeks Gestation

At discharge, infant is taking _____ ml every _____ hours

At discharge, mother's 24-hour pumping volume is

- Adequate (≥ 500 ml)
 Low (<500 ml)
 Mother is no longer pumping

Feeding Plan (check applicable plan for this infant):

(other listed plans are options to consider)

- Mother's milk with human milk fortifier (HMF) to make 24 kcal/oz (HMF is available through WIC for first 3 months)
- Breastfeeding _____ times per day (up to 30 minutes/session) and mother's milk with HMF to make 24 kcal/oz
- Mother's milk with postdischarge formula (PDF) powder to make 27 kcal/oz and 2 PDF 27 bottles per day
- Breastfeeding _____ times per day (up to 30 minutes/session) and mother's milk with PDF powder to make 27 kcal/oz and 2 PDF 27 bottles per day
- Breastfeeding _____ times per day (up to 30 minutes/session) and mother's milk with PDF powder to make 24 kcal/oz and 2 PDF 24 bottles per day
- PDF 27 kcal/oz
- PDF 24 kcal/oz
- Other:

General Mixing Instructions:

Mother's Milk with HMF to 24 kcal/oz = 1 packet of fortifier per 25 ml of milk
 Mother's Milk with PDF to make 27 kcal/oz = 2 teaspoons powder per 100 ml milk
 Mother's Milk with PDF to make 24 kcal/oz = 1 teaspoon powder per 90 ml milk
 PDF 27 kcal/oz bottle = 5 scoops powder per 240 ml water
 PDF 24 kcal/oz bottle = 3 scoops powder per 160 ml water
 Other:

