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Human Milk  
Fortifier for Home

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Patient information

# Human Milk Fortifier for Home



**This leaflet is for parents and carers of babies leaving the Woodland Neonatal Unit at Watford General Hospital and gives instructions on how to supplement breast milk with a Human Milk Fortifier (HMF), also known as Breast Milk Fortifier (BMF) at home.**

Whilst in hospital, your baby has been receiving HMF in your expressed breast milk.

- This contains extra protein, energy, vitamins, and minerals that your preterm baby needs to support good growth.
- HMF can be collected from the Neonatal Unit or given by the neonatal outreach nurses. It is also available on prescription by the GP or to buy.
- Please note that Nutriprem HMF contains fish oil, cows' milk, and egg lipid.

**Breastfeeding at home with HMF supplements**

- It's important that your baby continues to effectively breast feed two to three hourly having at least eight feeds within 24 hours.
- You have been advised to continue the HMF in small amounts of expressed milk at home. We call these fortifier 'supplements'.
- You will be supported in learning how to make up and give these fortifier 'supplements' prior to taking your baby home.
- Signs of effective feeding include good weight gain, wet and dirty nappies, and visible signs that your baby is sucking and swallowing breast milk.
- If you have any concerns about your baby's feeding then please speak with the neonatal outreach team, your midwife or health visitor.

**How much HMF will my baby need?**

- Your neonatal outreach team, or dietitian will help you to decide how much HMF your baby will receive. This will be dependent upon the age of your baby at birth, and their growth on the unit.
- Aim to give  x HMF 'supplements' per day, spread evenly between breastfeeds, until your baby is 44 weeks of age.

**How to make the fortified breast milk supplement**

- Before you start make sure the work surface in the kitchen is clean and dry.
- Wash your hands with soap and water and dry them well.
- Express breast milk using your usual method.
- Measure 10ml of expressed breast milk into a sterile bottle.
- Add 1 sachet (1g) of HMF to the 10ml breast milk.
- Gently shake the bottle until the powder has dissolved.

**How to give fortified breast milk supplement at home alongside breastfeeds**

- Give the 10ml of your fortified breast milk either using a syringe or teat before each full breastfeed four or six times per day.

### **How to give your baby fortified breast milk supplement by syringe**

- Hold your baby in an upright position.
- Slowly syringe 0.2ml at a time into your baby's mouth.
- Slowly squeeze the milk to the side of their gums and cheek or onto the front part of their tongue.
- Let your baby swallow the fortified breast milk supplement before giving another 0.2ml.
- Continue to do this until the entire supplement has been given.

### **How to give your baby fortified breast milk by a teat**

- Place your baby in the elevated left side position- you will be shown this prior to going home.
- Gently offer your baby the teat by running it along their bottom lip.
- When they open their mouth put the teat in ensuring their tongue is in the bottom of their mouth.
- Squirt the 10ml of fortified breast milk towards the tip of the teat and allow your baby to suck at the teat until the teat is empty.

### **How to give fortified breast milk supplements alongside bottle feeding**

- If you have chosen to bottle feed your baby expressed breast milk, fortified breast milk supplements should be given separately as a small 10ml bottle feed.
- Offer a 10ml fortified breast milk supplement via a bottle four or six times per day before each feed.
- Follow this with the remainder of the expressed breast milk in a separate bottle.

### **How and when do I stop HMF?**

- The decision to stop HMF will be made with your outreach team / dietitian, or health visitor.
- 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.
- HMF is only usually needed until four to eight weeks after your baby's due date.

### **Please contact the Neonatal Community Outreach Nurses, Neonatal Dietitian or NICU if:**

- You are having problems with making or giving the fortified breast milk supplements.
- You are concerned your baby is not tolerating the fortified breast milk supplement.
- You are having any problems giving the additional vitamins or iron.
- Your baby is having fewer than six feeds in 24 hours.
- Your baby has not gained any weight in a week (or has lost weight).

### **Additional Information**

- Sachets of HMF should **NEVER** be added to infant formula.
- If you choose to give your baby formula whilst your baby still requires HMF supplements, please contact your Neonatal Community Outreach Team or Neonatal dietitian for further advice.

## Further Information



Information from Bliss for babies born premature or sick

<https://www.bliss.org.uk/parents/about-your-baby/feeding/nutrition-for-your-baby>

## Contact Details

- **Neonatal Community Outreach Team:** 01923 327321 (Office)  
07920 840440 (Mobile)
- **Neonatal Dietitian:** 01923 217046 (Office)

## Where is the ward?

We are based at Watford General Hospital, in the Maternity building. The ward is located on the 3<sup>rd</sup> floor.

## Visiting times

For our paediatrics wards and departments, parents, carers and other close family members are able to visit freely throughout the day or night with a maximum of two visitors by a child's bedside. Siblings are welcome onto wards to visit from **3pm-8pm** but are discouraged from entering any clinical area if they are unwell.

## How to contact us

### Woodland Neonatal Community Outreach Team

Watford General Hospital  
Vicarage Road  
Watford  
Hertfordshire WD18 0HB  
Hospital switchboard: 01923 244366  
Tel: 01923 327321 (ext: 7321)  
Email: [neonatal.outreachteam@nhs.net](mailto:neonatal.outreachteam@nhs.net)

## Useful web address

PALS: [www.westhertshospitals.nhs.uk/patientexperience/pals.asp](http://www.westhertshospitals.nhs.uk/patientexperience/pals.asp)

Hospital information: [www.westhertshospitals.nhs.uk](http://www.westhertshospitals.nhs.uk)

Saba parking: [www.sabaparking.co.uk/app](http://www.sabaparking.co.uk/app)

# PALS

## Concerns, complaints or suggestions

If you are unhappy with your experience or would like to give feedback, please contact our Patient Advice and Liaison Service (PALS). PALS is available to patients, relatives, carers and friends to raise concerns.

If you need this leaflet in another **language, large print, Braille or audio version**, please call **01923 217198** or email [westherts.pals@nhs.net](mailto:westherts.pals@nhs.net).



Language



Large Print



Braille



Audio

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### No smoking policy

**We have a strict no smoking policy.** Smoking, including e-cigarettes is not permitted anywhere on any of the hospital sites.