This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child’s treatment.

This information can be made available in other languages and formats if requested

Alder Hey Children’s NHS Foundation Trust

Eaton Road

****Liverpool

L12 2AP

****Tel: 0151 228 4811

[www.alderhey.nhs.uk](http://www.alderhey.nhs.uk)

**© Alder Hey Review Date: March PIAG: 594**

****

**Department Neonatal**

**Breast Milk Fortifier in Newborn Babies**

****

**Information for patients,**

**parents and carers**

****

**Intro****duction**

This leaflet provides information for the parents of babies born small and prematurely about the use of breast milk fortifier (BMF).

Breastfeeding is the optimal form of nutrition for your baby and contains everything your baby needs for their health and development. However, when babies are born early or small, they shall need additional nutrients to support their growth and bone development. It is recommended that your baby receives a breast milk fortifier to help with this.

**What is BMF?**

BMF is a nutritional supplement in powder form which can be dissolved in breast milk. It contains extra calories and protein, and some essential vitamins and minerals. It is produced from cow’s milk.

**How is it administered?**

The BMF will be prescribed by a doctor and added to your breast milk with feeds. The dose is gradually increased over a period of 24-48 hours, based on tolerance. It can be given by bottle if your baby is bottle fed, or it can be given by a syringe if your baby is breastfeeding.

**How long will my baby be on BMF?**

Your baby will be weighed regularly and, if they are sustaining adequate growth and intake, then the decision may be made to discontinue BMF. Occasionally it may be necessary for your baby to have BMF on discharge for a few weeks.

**What are the benefits?**

BMF supports short term weight gain and helps with optimal bone development. Optimal nutrition is shown to improve long-term neurodevelopment in your baby.

**What are the side effects?**

BMF has been used for many years to support premature and low birth weight infants. Majority of the babies tolerate BMF well. But, if there are any concerns with tolerance, the dose is gradually increased over time to monitor your baby’s response.

**How to add BMF to your milk when at home?**

Warm the amount of breast milk you expect your baby to take b standing the bottle in a cup of hot water

Dissolve one sachet of BMF in 25 mL of breast milk

Remaining milk can be stored for further use within 4-6 hours of preparation

Fortified milk should not be stored in the fridge and should not be re-heated

If you are breast-feeding, then mix a sachet of BMF in 3-5 mL of warmed expressed breast milk and give this via syringe before breastfeeding

**Who to contact if you have any more questions?**

Please feel free to discuss this with the nurse caring for your baby or the consultant on duty, who will answer any queries you might have.