ASSESSMENT:

Jaundice

Visual assessment

___ 3-5 Head only ___ 5-10 Trunk ___ 10-12 Extremities ___ >12 Palms and soles

Laboratory assessment of bilirubin levels:

Date_____ Level _____

Date_____ Level _____

Treatment _____

Frequency of stools _____ Color of stools _____

Risk factors

American Indian or East Asian ethnicity, bruising at birth, prematurity, blood type incompatibility

RECOMMENDATIONS: (check all that apply)

Nurse frequently, 8-12 times per 24 hours. This may require waking baby for feeds

Wake baby up well before feedings

- Undress baby to diaper
- Change diaper
- Stimulate feet, up and down spine, head
- Cool cloth to forehead
- Rock baby from lying to sitting position until eyes open

Remove baby from isolette for feedings (may remove eye covers)

Nurse with bili blanket on or bili light over mom/nursing parent and baby (leave eye covers on baby)

No supplements of formula or water unless ordered by pediatric provider

Supplementation technique Supplement _____ ounces/milliliters per 24 hours

- Paced bottle feeding, cup or spoon, supplement at the breast, finger feeding
- Handout given_____

Use alternate feeding method if infant is placid and difficult to awaken or loses weight

Assure let-down reflex

- Establish routine for nursing, relaxation
- Sit in same place, drink, music, visual imagery, get comfortable

Place infant in a sunny window wearing only diaper (works best on an adult caregiver's chest to assure baby does not get chilled)

Keep intake/output log

Use hospital grade electric pump ____ times per 24 hours, to support milk supply, if baby is sleepy

Use hospital grade electric breast pump and express 8-12 times in 24 hours, if baby is temporarily not feeding at the breast

Follow-up with pediatric provider for evaluation of serum bilirubin level. Follow up with lactation consultant in ___ days via phone, text, patient portal, office, home.

Other_____

_____

_____

International Board Certified Lactation Consultant