

For further information about this service contact:

The Health Visiting teams in your local area are happy to answer any queries or concerns you may have. To contact any of our teams, call our Children's Community Health Hub number (Monday - Friday during office hours).

Tel: 0300 555 0606 or email us: ccs.bedsandlutonchildrenshealthhub@nhs.net

The hospital you should visit is:



Your one stop contact point

Tel: 0300 555 0606

Email: ccs.bedsandlutonchildrenshealthhub@nhs.net



Bedford Hospital
NHS Trust



Bedfordshire
Community
Health Services

If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

To find out how we use what we know about you (Privacy Notice) or how to access our buildings (AccessAble), please visit www.cambscommunityservices.nhs.uk and follow the links or please contact us.



If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.

Prolonged Jaundice

0-19 Health Visiting Service



Prolonged Jaundice

Jaundice is common in newborn babies and is caused by a raised level of bilirubin. 60% of term babies and 80% of preterm babies develop jaundice in the first week of life and 10% of breastfed babies are still jaundiced at one month (NICE updated 2016).

Breastfed babies are more likely than formula fed babies to have jaundice which lasts for longer than 14 days and although this is usually harmless, it is important to check the bilirubin levels in these babies to exclude any illness.



If your midwife or health visitor has noticed jaundice in your baby she may refer you to the hospital clinic to have blood testing to check the levels.

The appointment will be made by the midwife or the health visitor for you to attend the clinic with your baby. There are a number of things you need to take with you to the appointment.

- Your Personal Child Health Record (Red book)
- Information about the baby's birth weight and current weight
- A sample of the baby's urine in the bottle provided by the midwife or health visitor

Collecting a Urine sample from your baby

The sample of urine you need to take to the appointment is called a 'clean catch sample' which means it has not been contaminated as you collected it.

When is a good time to collect the sample?

- When your baby has just had a feed
- When you are changing a nappy
- Prior to bath time
- Early in the morning on the day of the appointment

How to collect the sample

Boys

- Clean the nappy area with warm water and cotton wool (no baby wipes)
- Place the penis inside the bottle and wait for baby to pass urine
- Avoid touching the rim of the container so it does not become contaminated
- Screw the top on the bottle and leave in the fridge until you go to the appointment.

Girls

- Clean around the nappy area with warm water and cotton wool (no baby wipes)
- Place the baby on the large gallipot/jug you have been given and wait for baby to pass urine.
- Pour the urine carefully into the bottle - avoid touching the rim of the container so it is not contaminated when you screw the top on
- Leave in the fridge until you go to the appointment.

At the clinic

The doctor will examine your baby and ask you questions about how the baby has been feeding and what the colour of the urine and poo looks like normally.

The doctor will need to know the weight of your baby at birth and any weight gain or loss which has happened since.

Blood will be taken from the baby to check the levels of bilirubin and whether the levels mean that your baby needs any treatment. In almost every case there is no treatment needed and you and your baby can go home following the appointment. The health visitor will continue to check how the jaundice is fading.

Results

These will be given to you as soon as they are available with any instructions about what to do next and what treatment may be needed.