

Other information/Contacts

Breastfeeding Your Baby at Home with Breast Milk Fortifier



Further Information

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Introduction

This leaflet explains what breast milk fortifier is and why we recommend it for your baby. Please ask your Neonatal Team if you have any questions about the information below.

Supporting you to Breastfeed your Baby at Home

Breast milk is the perfect food for your baby for the following reasons:

- It contains all of the nutrients that a baby needs to grow
- It is the most easily digestible food for babies who are born very premature.
- It helps your baby's immune system fight infections.

When babies are born early, they have higher nutritional requirements compared to term babies and very minimal nutrient stores. Therefore they need some extra nutrition to support their growth and optimise their bone health. Breast milk fortifier contains protein, energy and a variety of vitamins and minerals to support your baby's growth. Sometimes, babies will need to continue with breast milk fortifier for a short period of time when they go home to continue to help them grow.

Does fortifier have any side effects?

A small number of babies may not be able to digest their expressed breast milk completely when fortifier is added and they may have loose stools, or be a little bit sick; but this is

Monitoring your baby's growth

It is important to have your baby weighed regularly. If they continue to follow their growth line (centile) on their growth chart, feel reassured they are drinking sufficient breastmilk to promote healthy growth.

Please contact the Dietitian/Neonatal Home Team if:

- You are having any problems with making up or giving the fortified breastmilk supplements
- Your baby is refusing to take the breast milk fortifier
- You are concerned your baby is not tolerating the fortified breastmilk supplement

Dietitian Contact Details:

Name:

Telephone.....

Email address:.....

Community Neonatal Nursing Team Contact Details:

Telephone:

Email address:.....

Your Baby's Feeding Plan:

The Breast Milk Fortifier is called.....

How to give as a reducing dose:

Week 1: Addsachets per day

Week 2: Addsachets per day

Week 3: Addsachets per day.

Or as per Dietitian/Community Nurse plan below

The Neonatal unit will send your baby home with boxes of fortifier sachets.

Follow Up

BMF should not be added to formula so if you choose to start formula whilst your baby is taking BMF supplements please contact your dietitian or community neonatal nurse.

usually temporary. There is no evidence that using a fortifier causes allergies or cow's milk protein intolerance.

What is it made from?

The main ingredient in BMF is protein. It is based on cow's milk but has been broken down to make it easier for your baby to digest and absorb and less likely to cause intolerance. Other nutrients are also added under strictly controlled manufacturing processes. Important essential fatty acids, which are key for brain development, come from fish oils and these are also added. There is no current evidence available in the UK to suggest that other fortifiers made from human breast milk or plant based sources are safe and effective to use in pre-term infants.

Using Breast Milk Fortifier at home

Sometimes it may be useful to support the growth of your baby with BMF, whilst breastfeeding, when you go home. BMF is now available in the community on prescription from your GP but you will be given a supply from the unit until your GP has received a prescription request form.

How do I give BMF to my baby?

A sachet of BMF can be added to a bottle of expressed breast milk, or given as a smaller 'booster' before a breastfeed.

How to make the fortified breastmilk booster

- Before you start make sure the work surface is clean and dry and wash your hands.
- Measure the amount of expressed breast milk needed into a sterile bottle. This is usually 6-8mls of breast milk.
- The fortifier will dissolve better if the expressed breast milk is at room temperature before the BMF is added.
- Add 1 x sachet of BMF to the expressed breastmilk (a minimum of 5-10mls) and swirl (not shake) the bottle gently until dissolved.
- It is recommended to use the made up feed immediately.
- Your Dietitian or Neonatal Nurse will advise you on how many sachets of BMF you need to use within 24hours

Fortifier boosters can then be offered through a teat or via a syringe.

How to give your baby fortified breastmilk supplement by syringe.....

- Hold your baby in an upright position
- Slowly syringe 0.2mls 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 breastmilk supplement before giving another 0.2mls
- Continue to do this until all the supplement has been given

If your Neonatal unit has a Dietitian or Neonatal Community Nurse, they will advise you when to start reducing the dose and finally when to stop it once you are at home.

If this community team isn't available in your area, you will be given some advice by your neonatal team before you go home on how to decrease the amounts over a few weeks