

When to transition your baby from preterm to term formula

Dear Parents,

You are receiving this leaflet as your baby is going home on a nutrient enriched preterm formula. They will be receiving a liquid preparation whilst they are in hospital and once they are at home, will start to make the change to the powdered form as shown below. Sometimes a sudden change in formulation may cause constipation and therefore a gradual transition to the powdered formula may avoid this. Please discuss this with your Health Visitor, GP or Neonatal Outreach team if you feel this is required.

This leaflet has been designed to help you decide when to make the change from a powdered **preterm** to **standard term formula**.

What is Nutrient Enriched Post Discharge Formula (NEPDF)?

Post Discharge preterm formula is a formula that has been designed for preterm infants. It provides extra nutrition in order to help your preterm baby with catch-up growth.

Transitioning from ready -to- feed liquid formula to powdered formula

Infant formula is available in two forms: ready-to-feed liquid formula (used in hospital) and powdered formula (to be used at home).



Ready-to-feed 90ml bottle



Powdered 900g box

When your baby is ready to be discharged home from hospital, you will be given 1 x 800g tins of formula and you can use this preparation from the first day your baby leaves hospital. Your GP will be informed to continue this supply for you at home in your baby's discharge letter.

When do I need to transition from this formula to a standard term formula?

It is recommended that these formulas can be used to feed your baby until term corrected age up to approximately 6 months corrected age, or as advised by your health care professional. It should be continued until at least weight is at and above the 2nd percentile of sex appropriate growth charts and adjusted for gestational age. This is a prescription only formula and will be prescribed by your GP.

Please continue to monitor your baby's growth regularly and when you feel your baby is ready, it may be time to start the transition. The information below will help you to decide and you can discuss this further with your health visitor, GP or Dietitian

- Once your baby has reached their **birth centile** (i.e. after catch-up has been completed)
- Once your baby's **weight centile** is in proportion with their **length centile**
- If **weight gain is disproportionately faster than length gain**, your baby should start to transition to a standard term formula

It is not recommended to provide a nutrient enriched post discharge formula after the 50th weight percentile has been reached

Additional vitamin and mineral supplements may need to be started, for example a multivitamin or iron. This should be discussed with your GP

If you are concerned regarding your baby's growth once they are 6 months corrected age, please discuss this with your Neonatal Consultant, GP or Health Visitor and a Dietitian referral can be arranged if required.