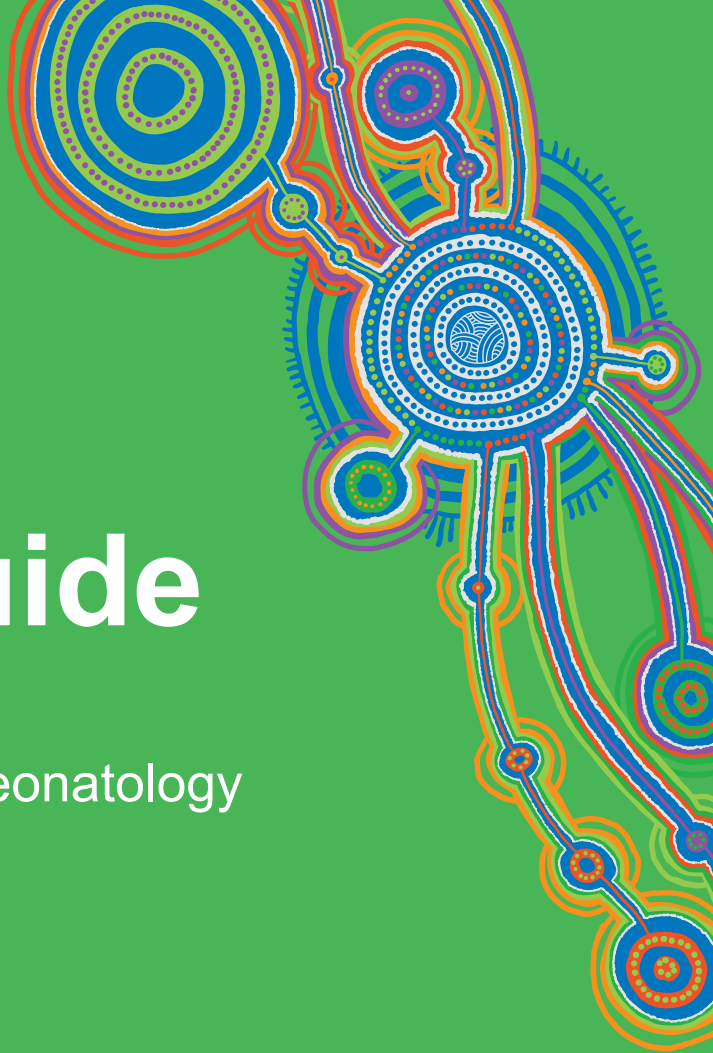




Government of Western Australia
Child and Adolescent Health Service



Neonatology

Vitamin D guide

Perth Children's Hospital and Neonatology

King Edward Memorial Hospital
and Perth Children's Hospital



Contents



Page 3 What is vitamin D

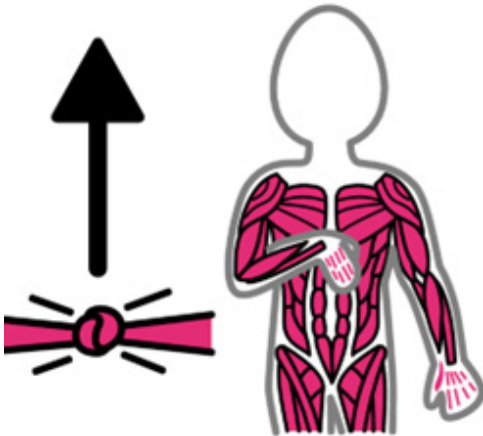
Page 4 How to use vitamin D



What is vitamin D?



This guide is about why and how to take **vitamin D**.



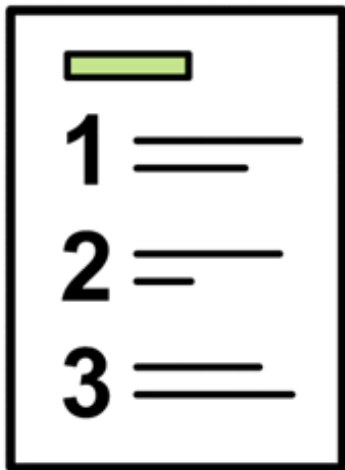
Vitamin D is very **important** for babies' healthy **bones** and **muscles**.



Babies get their **initial dose** of **vitamin D** from **mum**. Keeping **your levels** high will make sure your **breast milk** is **healthy**.



Every **baby** will need a **different** amount of **vitamin D**.



Follow the **dosage guide** given to you by our doctors, **stick** to the **amount** until **reviewed**.



If you need **help**, please, ask **staff** for advice.

How to use vitamin D



To give baby their **Vitamin D**, use a **dropper** or a **syringe**.



Put the **dropper** or **syringe** into **babies' mouth**. **Squeeze** to deliver the full dose.



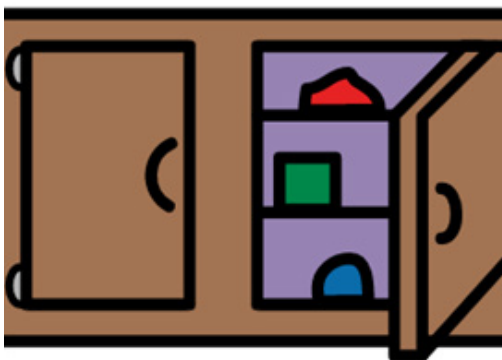
Don't mix the **medication** into Babies' **bottle**. It's hard to tell if the full dose is given.



Don't stress if you **forget**.
Give the dosage when you
remember during the day.



It **cannot** be within **12 hours**
of the **next dose**. You **do not**
need to **wake** baby up if they
are **sleeping**.



Keep the **medication** in a
cool dry place away from **kids**.

Key contacts

King Edward Memorial Hospital
Reception - NICU

 6458 2099

King Edward Memorial Hospital
Aboriginal Liaison Service

 6458 2777

King Edward Memorial Hospital
Child Care Centre

 6458 1370

King Edward Memorial Hospital
Aishwarya's Care Call

 0414 930 196

South Coastal Health Services
- Babbingur Mia

 9550 0900

Perth Children's Hospital
Reception - NICU

 6456 3445

Perth Children's Hospital
Aboriginal Liaison Service

 6456 2222

Perth Children's Hospital
Child Care Centre

 6456 0501

Perth Children's Hospital
Aishwarya's Care Call

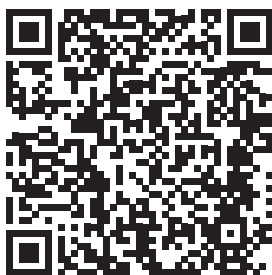
 6456 0337

Derbarl Yerrigan Health
Service

 9421 3888



Government of **Western Australia**
Child and Adolescent Health Service



For more information **scan the QR code** or visit
cahs.health.wa.gov.au/Neonatology-Resources

If you need help with language, talk to our staff or call the Translating and Interpreting Service (TIS) on 131 450. We can also give this document in other formats for people with disability.