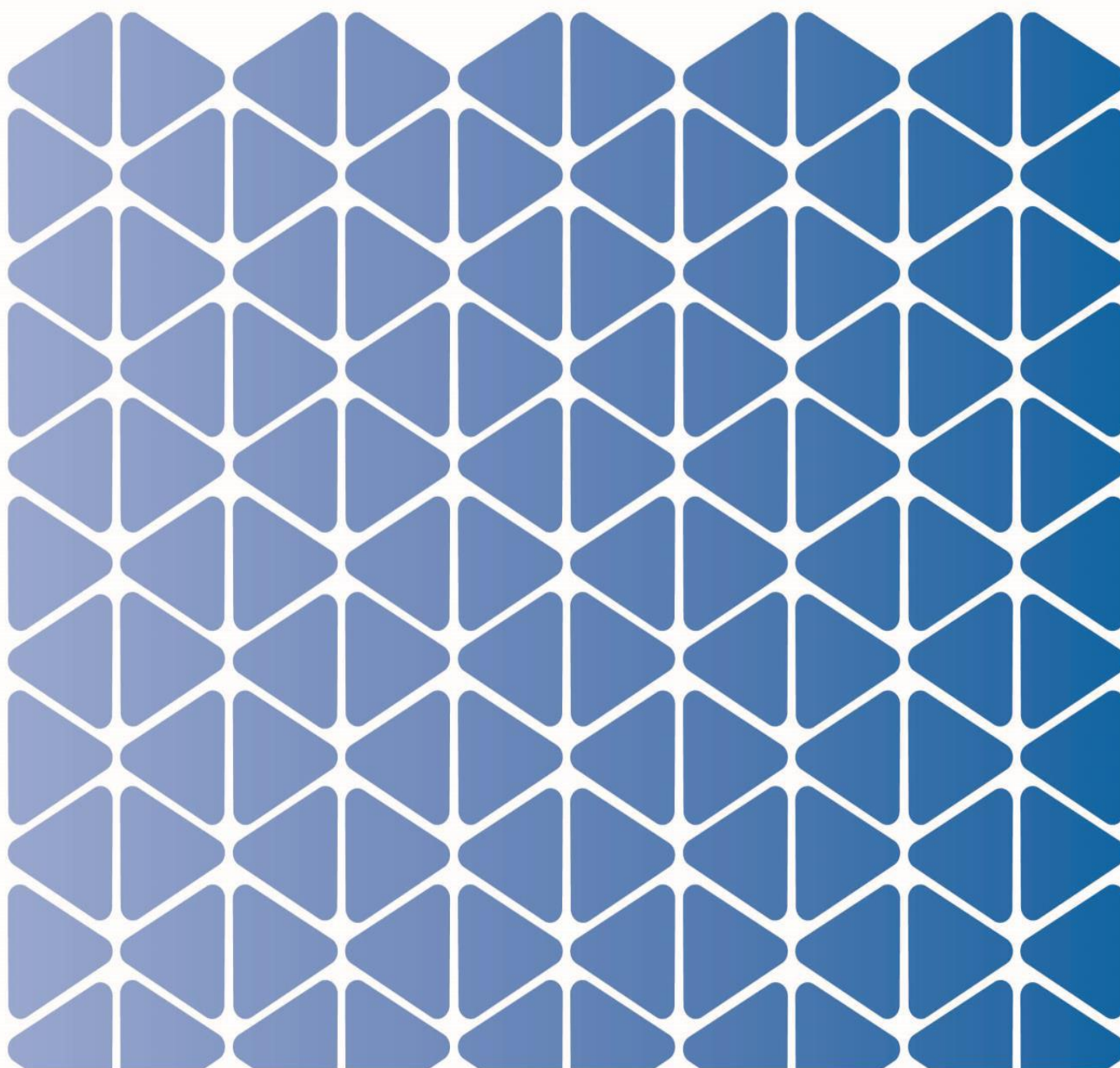


PATIENT INFORMATION

PROTECTING YOUR BABY FROM LOW BLOOD GLUCOSE



01 What is low blood glucose?

- You have been given this leaflet because of your baby is at increased risk of having low blood glucose (also called low blood sugar or hypoglycaemia).
- Babies who are small, premature, unwell at birth, or whose mothers are diabetic or have taken certain medication (beta blockers), may have low blood glucose in the first few hours and days after birth. It is especially important for these babies to keep warm and feed as often as possible to maintain normal blood glucose levels.
- If your baby is in one of these “at risk” groups, they may have some blood tests to check their blood glucose level. Extremely low blood glucose if not treated, can cause brain injury resulting in developmental problems. If low blood glucose is identified quickly, it can be treated to avoid harm to your baby.

02 Blood glucose testing.

- Your baby’s blood glucose is tested by a heel-prick blood test. A very small amount of blood is needed and it can be done while you are holding your baby in skin-to-skin contact. **The first blood test should be done before the second feed (2- 4 hours after birth) and repeated until the blood glucose levels are stable.** You and your baby will need to stay in hospital for the blood tests. You will know the result of the test straight away. Your baby must have two blood glucose results above 2mmols one after the other to pass. If one is below 2mmols the process will start again.

03 How to avoid low blood glucose.

- Skin to skin with your baby on your chest will help them stay calm, keep warm and help establish feeding. Baby should have a blanket over them when having skin to skin to keep them warm.
- Feeding baby as soon as possible after birth is really important. Please ask for feeding support from staff they can help you to recognise a good breast feed or how much milk to give in a bottle depending on your feeding preference.
- If your baby is struggling to breast feed you can hand express your colostrum. This is a brilliant way to help maintain normal blood glucose. A member of staff can help you to hand express your milk.
- If you are bottle feeding your baby and are struggling to get them to take their milk please tell a member of staff who will be happy to help.
- If you feel your baby is unwell in any way let a member of staff know as soon as possible as this can be a sign of low blood glucose.

04 What happens if your baby's blood glucose is low?

- If the blood glucose test result is low, your baby should feed as soon as possible and provide skin-to-skin contact.
- If the level is very low the neonatal team may advise urgent treatment to raise the blood glucose and this could require immediate transfer to the Neonatal Unit. This will be discussed with you.
- Another blood glucose test will be done before the next feed or within 2-4 hours.
- If they are happy that your baby is well, they will support you to hand express your milk and give it by oral syringe or spoon.
- If your baby has not breastfed, and you have been unable to express any of your milk, you will be advised to offer infant formula.

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.