

Post discharge formula

Information leaflet for preterm babies

Human breastmilk is the best choice when feeding babies, especially those born prematurely. However, sometimes infant formula may be used and this can be given alongside breast milk, or exclusively.

This information sheet explains what Post Discharge Formula (PDF) is and why we have recommended it for your baby.

What is post discharge formula?

PDF is a specialist formula that is designed for babies born prematurely. It is higher in calories, protein, vitamins and minerals than standard formula and it is tailored to meet the nutritional needs of a preterm baby.

PDF is started if a formula is required once your baby reaches a weight of 1.8 – 2kg. This is usually started during their stay in hospital, and we offer the choice of two formulas.

There are two PDFs available in the UK. They have no clinical difference and are very similar in terms of calorie, protein and micronutrient profile. Whilst your baby is in hospital the formula is provided in liquid/ ready-to-feed format. It is the parents decision which of the two formulas they would prefer to give to their baby.

How to I get PDF for my baby?

Before your baby is discharged home, you will be given a letter to hand in to your GP surgery requesting they prescribe the PDF. This should be prescribed and the formula collected from your local pharmacy before your baby is discharged home. The PDF will come in a powder format and instructions on the side of the tin should be followed to make this up correctly.

When does PDF stop?

This should be stopped by your dietitian/consultant between 3 - 6 months. This is the corrected gestational age (the age your baby would be if born on their due date). After this, term formula with additional vitamins will meet your babies nutritional needs.

Who to contact?

If you have any queries or concerns about your baby's feeding, please speak to the nurses looking after your baby who will ask the doctor/dietitian to discuss these with you.

MyChart

Our MyChart app and website lets you securely access parts of your health record with us, giving you more control over your care. To sign up or for help, call us on 020 3299 4618 or email kings.mychart@nhs.net. Visit www.kch.nhs.uk/mychart to find out more.

Sharing your information

King's College Hospital NHS Foundation Trust has partnered with Guy's and St Thomas' NHS Foundation Trust through the King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas' hospitals. King's College Hospital and Guy's and St Thomas' NHS Foundation Trusts share an electronic patient record system, which means information about your health record can be accessed safely and securely by health and care staff at both Trusts. For more information visit www.kch.nhs.uk.

Care provided by students

We provide clinical training where our students get practical experience by treating patients. Please tell your doctor or nurse if you do not want students to be involved in your care. Your treatment will not be affected by your decision.

PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams.

Tel: **020 3299 4618**

Email: kings.pals@nhs.net

If you would like the information in this leaflet in a different language or format, please contact our Interpreting and Accessible Communication Support on 020 3299 4618 or email kings.access@nhs.net

www.kch.nhs.uk