

Enteral Feeding Progression for Infants with
Birth Weight < 1000 grams

Weight used for calculation: _____

Adjust weight at DOL # 7 (no more than 10% below birth weight)

Feeding Steps	Caloric Density of Breast Milk or Premature Formula	Date and Time	mLs/kg/day of Feedings**	Daily Feeding Volume Calculation mL/kg/day x wt. = total daily volume	Feeding Interval*	Volume to be provided in each feeding interval	Comments	Feeding Tolerance Profile
Step 1	20 kcal/oz		10 mL/kg/day x 3 days		q 6 hours			
Step 2	20 kcal/oz		↑ 20 mL/kg/day x 24 hours		q 4 hours			
Step 3	20 kcal/oz		↑ 30 mL/kg x 12 hrs ↑ 40 mL/kg x 12 hrs		2 hours on; 2 hours off			
Step 4	20 kcal/oz		↑ 50 mL/kg x 12 hrs ↑ 60 mL/kg x 12 hrs		2 hours on; 2 hours off			
Step 5	20 kcal/oz		↑ 70 mL/kg x 12 hrs ↑ 80 mL/kg x 12 hrs		2 hours on; 2 hours off		Decrease IL by 50%	
Step 6	22 kcal/oz		80 mL/kg x 24 hours		2 hours on; 2 hours off		Add 1 pkt HMF; reassess TPN: change to 22 kcal/oz formula	
Step 7	22 kcal/oz		90 mL/kg x 12 hours 100 mL/kg/day x 12 hours		2 hours on; 2 hours off		Add oral medications when 100 mL/hg reached	
Step 8	22 kcal/oz		↑ 110 mL/kg x 12 hrs ↑ 120 mL/kg x 12 hrs		2 hours on; 2 hours off			
Step 9	22 kcal/oz		↑ 130 mL/kg x 12 hrs ↑ 140 mL/kg x 12 hours		2 hours on; 2 hours off			
Step 10	24 kcal/oz		140 mL/kg		2 hours on; 2 hours off		Add 2 pkts HMF per 50 mLs; change to 24 kcal/oz formula	
Step 11	24 kcal/oz		↑ 150 mL/kg		2 hours on; 2 hours off			
Step 12	24 kcal/oz		**160 mL/kg x 12 hours 170 mL/kg x 12 hours		2 hours on; 2 hours off			
Step 13	24 kcal/oz		**180 mL/kg/day		2 hours on; 2 hours off			

- *Consider transitioning to q 3 hours feeding plan when patient reaches 32 – 34 weeks PCA
- ** May need to progress beyond 150 mL/kg/day to achieve optimal growth

