

Feeding Protocol

Trophic feedings

<1000g

Trophic feedings (8-16ml/kg/day for 500g-1000g)

1 ml Q 3hr x 3 days. Extend interval to Q 6hr if excessive aspirates.

Starting volume (on day 4)

<1000g start from trophic volumes 1ml Q3hr

1000-1500g 2 ml Q 3hr (11-16ml/kg/day)

1501-2000g 3 ml Q 3hr (12-16ml/kg/day)

>2000g at least 5 ml Q 3hr (20ml/kg/day min.)

Advance (day 4 for <1000g infants)

>750g 1 ml Q 24hr (advances 11-16ml/kg/day)

751-1000g 1 ml Q 12hr (advances 16-21ml/kg/day)

1001-1500g 1 ml Q 9hr (advances 16-24ml/kg/day)

1501-2000g 2 ml Q 12hr (advances 16-21ml/kg/day)

>2000g 2 ml Q 9hr (advances 24ml/kg/day)

Questions for Pumping Mothers

- Do you have a hospital-grade electric pump?
 - Can get one from WIC, if eligible for WIC.
 - We can provide insurance letter to help get insurance to pay for rental.
- How often do you pump?
 - Every 2 ½ - 3 hours
 - It helps to ask when her last pumping was, and the time before that, etc.
 - Try to sleep no more than 6 hours at night while establishing supply.
- How long do you pump?
 - Before milk comes in, pump 10-15 minutes.
 - Once milk comes in, pump 2 minutes after last drop of milk is seen.
- How much milk do you get in 24 hours?
 - Between days 5-7, should have ~500ml in 24 hours (or ~ 20 oz).
- **If the mother is not getting ~500ml between days 5-7 of pumping, please order a lactation consult!!**
 - Please ask mom the best way for the LC to get in touch with her and include that in the order, so the nurse can put it in the computer.