

## What should I look out for?

You should **always** see your doctor or health care worker:

- if your baby has any unexplained bleeding or bruising. **This is particularly important if your baby has not had vitamin K.**
- if, when your baby is over three weeks old, there are any signs of jaundice (yellow colouring of the skin or whites of the eyes).

Babies with liver problems are particularly at risk, even if they have had vitamin K.

## How do I get vitamin K for my baby?

During your pregnancy, your doctor or midwife should ask whether you want your baby to have vitamin K by injection or by mouth, and they will arrange to provide it.

Soon after birth, your baby will have a vitamin K injection **or** the first dose by mouth. This will be given by a doctor or midwife.

If you have chosen vitamin K by mouth:

- The **second oral dose** can be given when your baby has the newborn screening test in the hospital, or by your local doctor or health care worker.
- You need to remember the **important third oral dose** when your baby is between 3 and 4 weeks old. Talk to your doctor or health care worker if you need help or advice.

Make sure that your baby's vitamin K doses are recorded in the baby's personal health record.

This pamphlet is based on the *Joint Statement and Recommendations on Vitamin K Administration to Newborn Infants to Prevent Vitamin K Deficiency Bleeding*, prepared for health care workers by the National Health and Medical Research Council. A list of current NHMRC publications is also available from:

NHMRC

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and ask for NHMRC Publications.

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# VITAMIN K

## for newborn babies

### Information for parents

If you need more information, please contact your doctor or health care worker.



