



Dear Colleague:

Many premature infants are still premature when they are discharged from Mission Hospital. Despite aggressive in-hospital nutritional therapy, many remain small for gestational age.

Continuing to feed premature infants a 22- or 24-Kcal/oz (NeoSure, Nourish, or EnfaCare) infant formula with higher protein and mineral content for several months post-discharge is supported by studies, even for premature infants who do not have a significant chronic illness. Breastfeeding babies can be supplemented with a 24-Kcal/oz formula or fortification (NeoSure, Nourish, or EnfaCare powder) if growth is suboptimal. If weight gain is excessive, these may be mixed to 20-Kcal/oz. (Recipes are attached.)

Literature suggests that preterm formula is valuable for those infants born less than 34 weeks until they are 9-12 months of age. The use of preterm discharge formulas to a postnatal age of 9 months results in greater linear growth, weight gain, and BMC compared with the use of term formulas.

We hope you will consider this when seeing these premature babies in your office.

Sincerely,

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