Vitamin K Oral Medicine for Newborns

Vitamin K helps prevent serious bleeding problems. A newborn baby has naturally low levels of Vitamin K right after birth and these levels continue to go down during the first month of life. Therefore, it is necessary for all newborn babies to receive extra Vitamin K medicine.

It is very important that your baby receive all the Vitamin K doses as required. Babies who do not receive all the doses can quickly develop serious bleeding problems, which can cause brain damage and even death.

Your baby needs 3 doses of Vitamin K:

<table>
<thead>
<tr>
<th>Dose # 1</th>
<th>Given on the Birth Day</th>
<th>Given at the hospital</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dose # 2</td>
<td>Given when baby is 1 week old</td>
<td>Give baby 0.1 mL of Vitamin K Give this dose at home on ___ / ___ / ___</td>
</tr>
<tr>
<td>Dose # 3</td>
<td>Given when baby is 4 weeks old</td>
<td>Give baby 0.1 mL of Vitamin K Give this dose at home on ___ / ___ / ___</td>
</tr>
</tbody>
</table>

- Follow the directions on the medicine bottle for the exact amount of Vitamin K to give to your baby.
- Keep medicine in its original glass bottle between doses. Keep the glass bottle in the container it came in between doses.
- Place the Vitamin K medicine directly into baby’s mouth using the medicine dropper or oral syringe that comes with the bottle.
- You can follow the medicine with a feeding to help baby swallow the whole dose.
- Do not mix the Vitamin K medicine with formula or breastmilk in a bottle. The medicine may stick to the bottle or nipple and your baby will not get the full dose.
- If baby throws up (vomits) less than one hour after the dose, you will need to repeat the same dose again. Repeat the dose only ONCE.
- If you forget to give a dose, give it just as soon as you remember. Then call your baby’s doctor for further instructions.