

# 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:

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

- 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.