Colorado Guidelines for Health Care Professionals for Human Milk Fortifier (HMF) after NICU Discharge

Indications:

Mother of child has an adequate breast milk supply with a double electric pump for milk expression and infant has one or more of the following:

- ≤1500 g Birth Weight.
- Gestational age: ≤28 weeks at birth.
- ≤2 kg at discharge with any Birth Weight.
- Biochemical: alkaline phosphatase ≥600 U/L, Serum phosphorus ≤6 mg/dL, BUN ≤10mg/dL.
- Radiological evidence of bone demineralization and/or fracture(s).
- Less than 10% on Fenton Growth curve or WHO for corrected gestational age at discharge.

Daily Limits:

Not to exceed 20 packets per day of HMF.

Recipes:

- Recipe for 22 calories/ounce Human Milk: 1 packet HMF + 50 mL expressed breast milk (or 2 packets of HMF + 100mL expressed breast milk).
- Recipe for 24 calories/ounce Human Milk: 1 packet HMF + 25 mL expressed breast milk (or 2 packets of HMF + 50mL expressed breast milk).

***If HMF is added to breast milk and then refrigerated, it should be used within 24 hours.

Recommended Labs to be monitored post discharge by Primary Doctor/Practitioner (HMF is to be treated as a medicine):

- Obtain Calcium, Phosphorus, Alkaline Phosphatase levels at 3-4 weeks post-discharge and repeat once per month while infant remains on HMF.
- If Calcium or Phosphorus levels are elevated (Calcium is above 11.5mg/dL and Phos is above 8.5mg/dL), suggest decreasing number of packets of HMF per day.
- Medical Practitioner can contact local NICU RD for further clarification on mixing instructions and guidance.

Guidelines for When to Stop HMF:

Dependent on the nutrition status of infant (individual fortification):

- Twelve (12) weeks Post-discharge
- Normal biochemical labs*
  OR
- Weight above 3.6kg with good growth
- Normal biochemical labs*
  OR
- Per RD discretion with agreement with Primary Care Provider.

*NICU RD is available to work with health care providers post-discharge on when to discontinue the use of HMF.

WIC requires monthly physician authorization forms (PAF) to be submitted for each calendar month.
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References:


