

WHEN DOES JAUNDICE GO AWAY?

Normal newborn jaundice may take 1 to 2 weeks to go away completely.

After you go home, your baby may need to return to see the doctor to have another blood test done. The blood test will check to make sure that your baby's bilirubin level is not getting higher.

HOW DO I CARE FOR MY BABY WITH JAUNDICE?

When your baby has jaundice, you will need to feed him or her more often.

Frequent breastfeeding or formula feeding (every 2 –3 hours) is an excellent way to treat jaundice. This helps your baby to get rid of the bilirubin through his/her bowel movement.



For more information contact us:

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NEWBORN JAUNDICE



WHAT IS JAUNDICE?

Jaundice is a common condition in newborn infants. Babies with jaundice often have a yellow colour in their skin or in the white part of their eyes. Some babies get jaundice when they are 2 or 3 days old. For most babies this jaundice is normal.

WHAT CAUSES JAUNDICE?

The yellow colour comes from **bilirubin**. Bilirubin is found in red blood cells. When your newborn baby's body breaks down the red blood cells that it no longer needs, bilirubin is released into the bloodstream. This bilirubin is removed from the blood by the baby's liver.

A baby's skin or eyes may turn yellow when:

- There is a lot of bilirubin released
- or
- There is too much bilirubin for your baby's liver to remove quickly.

Some health problems can make jaundice worse. These include:

- Bruising
- A blood type different than mother's
- Prematurity
- Infection



HOW DO YOU TEST FOR JAUNDICE?

If your baby's skin or eyes are very yellow or your health care provider thinks it's necessary, your baby will need a blood test. A small amount of blood is taken from your baby's heel. The amount of bilirubin in the blood is measured.

WHAT IF MY BABY HAS HIGH BILIRUBIN LEVELS?

Your baby's nurse and doctor will check how well your baby is eating, dirtying diapers and sleeping. Some babies with a high bilirubin level are very sleepy.

If the bilirubin level does not go down on its own, your baby's doctor may decide to use **phototherapy**. Phototherapy breaks down bilirubin with special lights that shine on your baby's skin. To have phototherapy, your baby will need to be placed in an incubator, called an isolette. When under the phototherapy lights, your baby's eyes will be protected by eye patches. Phototherapy is used until the blood tests show that your baby's bilirubin is returning to normal.

