

Intensive Care Nursery House Staff Manual

UCSF ICN Vitamin Policy

Preterm infants:

Feeding	Vitamin Supplement q d	Iron Supplement q d
Unfortified breastmilk*	Polyvisol 1 mL, folate 50 mcg	2-4 mg/kg/d
MBM 24 with EHMF ψ	None	0-2 mg/kg/d \ddagger
PE 24 or SSC 24 w/Fe	None	0-2 mg/kg/d \ddagger
Term Formula* with Iron	Polyvisol 1 mL, folate 50 mcg	0-2 mg/kg/d \ddagger

(MBM, maternal breast milk; EHMF, Enfamil Human Milk Fortifier; PE, Premature Enfamil; SSC, Similac Special Care)

Preterm infants being treated with Recombinant Erythropoietin:

Feeding	Vitamin Supplement q d	Iron Supplement q d
Unfortified breastmilk*	Polyvisol 1 mL, folate 50 mcg, vitamin E 15 IU \diamond	6 mg/kg
MBM 24 with EHMF ψ	vitamin E 15 IU \diamond	4 mg/kg \ddagger
PE 24 or SSC 24 w/Fe	vitamin E 15 IU \diamond	4 mg/kg \ddagger
Term Formula with Iron*	Polyvisol 1 mL, folate 50 mcg, vitamin E 15 IU \diamond	4 mg/kg \ddagger

\diamond vitamin E dosing: Aquasol E=15 IU/0.3 mL

Preterm infants preparing for discharge:

Feeding	Vitamin Supplement q d	Iron Supplement q d
Unfortified breastmilk	Polyvisol with iron 1 mL	none
Similac Neosure	Polyvisol 1 mL (until 500 ml/d)	0-2 mg/kg \ddagger
Term Formula with Iron	Polyvisol 1 mL (until 750 ml/d)	0-2 mg/kg \ddagger

Term infants

Feeding	Vitamin Supplement q d	Iron Supplement q d
Maternal breastmilk	Consider Vitamin D 200 IU	by 4-6 months
Term Formula with Iron	none	none

Infants with congenital heart disease

Weight	Fer-in-sol (15 mg elemental iron/0.6 cc)
<2.3 kg	7.5 mg iron/0.3 ml q d
2.3-4.5 kg	7.5 mg iron/0.3 ml bid
5-6.8 kg	11.25 mg iron/0.45 ml bid
7.3-9.1kg	15 mg iron/0.6 ml bid
>9 kg	15 mg iron/0.6 ml bid

NOTE: Infants with congenital heart disease need additional iron supplementation. The dose will need to be increase as weight increases to maintain minimum intake of 3 mg/kg/d.

All infants

A fluoride source is needed by 6 months of age (corrected GA for preterm infants).

*Preterm infants on full feeds should be fed fortified breastmilk or preterm formula, unless there are clinical reasons to use another formula or not to fortify breast milk.

ψ Enfamil Human Milk Fortifier (EHMF) contains iron

\ddagger Assumes infant will receive iron 2 mg/kg/d in formula at volume to meet 120 kcal/kg/d.