

# Phototherapy at Home Service

Information and advice for parents and carers

## Neonatal

Your baby requires treatment for jaundice in the form of phototherapy. This leaflet explains how we will provide that treatment in your own home. Use this leaflet together with the jaundice in newborn babies leaflet for parents.

### What is phototherapy at home?

If your baby needs a longer than expected course of phototherapy or it is unexpected when you have been discharged into the community, we will consider providing that care in your own home.

Before we do that, we need to be confident that your baby is able to control their temperature and they are feeding without any difficulty.

The doctor will make an assessment of your baby before making the decision to transfer care to your home. You and your baby will be transferred home with the equipment (Bilicocoon) to continue phototherapy at home.



For effective treatment, phototherapy should be applied for most of the time (24 hours a day). You can give your baby short breaks (up to 30 minutes at a time) for nappy changing, feeding and cuddles.

Your baby does not require any other special care.

### How will the jaundice be monitored?

When the baby is on phototherapy we will come to your home every day and do blood tests to check the jaundice levels and they need to be within a normal range before deciding to stop phototherapy. The blood tests are done by taking a small sample of blood from a heel prick. If the level is rising we may need to consider readmission to the hospital for further assessment.

Our team will let you know when phototherapy can be stopped. When you are told you can stop, this must be done no earlier than 9pm that evening. Once the phototherapy has been stopped we will need to take a further blood test to make sure the level is not rising again the day after stopping between 9am and 3pm.

### How will you monitor your baby at home?

Often babies can get overheated when they are having phototherapy. The ideal temperature to be maintained is 36.5 – 37.3°C and you can check that yourselves with a thermometer and feeling your baby's chest to ensure they do not feel too warm/cool.

Babies can sometimes develop a rash or develop loose poos while receiving phototherapy. Please let the nursing team know and ensure your baby is having good feeds and having 6 or more wet nappies.

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### Contact Phone Numbers

#### Neonatal Outreach Team

7 days a week, excluding bank holidays 08.00 – 17.00

Mobile: 07870384017

#### SWB Neonatal Unit

0121 507 5100

Ring the Neonatal Unit during Out of hours

### Further Reading

NHS Website (2018) *Newborn Jaundice*. [Online]. London: NHS. Available from: <https://www.nhs.uk/conditions/jaundice-newborn/> [Accessed 06.01.2022].

Patient (2016). *Neonatal Jaundice*. [Online]. London: Patient.info. Available from: <https://patient.info/childrens-health/neonatal-jaundice-leaflet> [Accessed 06.01.2022].

National Institute for Health and Social Care Excellence (2010, updated 2016). *Jaundice in newborn babies under 28 days*. [NICE Clinical Guideline 98]. [Online]. London: NICE. Available at: <https://www.nice.org.uk/guidance/cg98> [Accessed 13 January 2022].

If you would like to suggest any amendments or improvements to this leaflet please contact SWB Library Services on ext 3587 or email [swbh.library@nhs.net](mailto:swbh.library@nhs.net).



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