

### \* Why is there jaundice in a newborn baby?

Liver function in newborn babies is not yet fully mature, leading to poor excretion of bilirubin which remain in the blood and causes jaundice. 80% of newborn babies will develop physiologic jaundice at about 2 to 3 days of life, peak at 4 to 5 days and gradually subside at about 7 to 10 days after birth. Usually treatment is not necessary.

### \* Symptoms :

Yellowish discoloration of the skin and sclerae (whites of the eyes), poor feeding, sleepiness.

### \* Treatment :

Phototherapy. In severe jaundice, immediate blood exchange transfusion is needed.

### \* Nursing guide :

- Observe the progress of the jaundice in a room with bright and sufficient light.

- Once degree of yellowish skin discoloration is noted from head to feet and baby is weak looking, sucking poorly, sleepy, has poor activity and stool color becomes white or grayish, bring your baby to the nearest hospital as soon as possible for further examination.
- Increase the frequency and duration of breastfeeding to promote excretion of urine and stool.
- If jaundice gets worse, Pediatrician might advise to stop breastfeeding for 1 to 2 days and jaundice will subside. During this time breast milk should be pumped-out regularly.
- Supplement of lukewarm water or glucose water will not promote excretion of bilirubin.



(Picture taken from the Internet)



# **Nursing Guide for Neonatal Jaundice**

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