

Vitamins and Minerals for Your Premature Baby

Premature babies need more vitamins and minerals than full-term babies. Your baby might need to get extra vitamins and minerals from supplements.

Vitamins A, C, and D

Your baby might need a multivitamin supplement that contains vitamins A, C, and D. Examples include Tri-Vi-Sol® and PediaVit Multi®.

Benefits of these vitamins include:

- growth
- bone and tooth health
- lung growth
- eye health





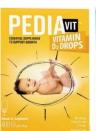
Vitamin D

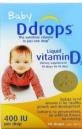
Your baby might need a vitamin D supplement. Examples of vitamin D supplements include D-Vi-Sol®, D Drops®, or a generic version.

Benefits of vitamin D include:

- bone health
- tooth health







Iron

Your baby might need an iron supplement. Examples of iron supplements include Fer-in-Sol® (liquid not syrup) and PediaFer Iron®.

Benefits of iron include:

- growth
- brain health
- moving oxygen around your baby's body

These supplements are a type of iron called ferrous sulfate. There is 75 mg of ferrous sulfate in 1 mL of the supplement. There are different types of iron. Talk to your pharmacist to get the right one.





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This information does not replace the advice given to you by your healthcare provider.

Which supplement(s) does my baby need?

Your dietitian checks off (\boxtimes) the supplement(s) for your baby. Tri-Vi-Sol® or PediaVit Multi® op Iron (Ferrous Sulphate) Give one time each day. Give one time each day. Give your baby the amount selected. Give your baby the amount selected. $\Box 1 \,\mathrm{mL}$ \square 0.2 mL \square 0.5 mL \square 0.8 mL ☐ 1.5 mL \bigcap 0.3 mL \square 0.6 mL $\prod 1 \text{ mL}$ \square 2 mL \bigcap 0.4 mL \square 0.7 mL mL When your baby weighs 4 kg, stop this supplement and start 400 IU Vitamin D If you start to feed your baby formula, or each day. start to give your baby more formula than breastmilk, talk to your doctor or dietitian \lnot Vitamin D about this iron supplement. Formula has Give one time each day. added iron, and your baby might get too Give your baby the amount selected. much iron with the supplement. □ 400 IU 800 IU Give the iron supplement until your baby is: 600 IU 1000 IU 6 months corrected age ☐ 12 months corrected age Both Tri-Vi-Sol® or PediaVit Multi®, and Vitamin D The dose will need adjusting as your baby Give both at the same time every day. grows. Please discuss the dose with your Give your baby the amounts selected. doctor or dietitian. Vitamin D 200 IU Iron might turn your baby's mouth a dark colour. This washes away when your baby 400 IU feeds. Iron also turns poop a dark green ☐ 600 IU colour. This is normal. $\prod 1 \, \text{mL}$ Tri-Vi-Sol® or PediaVit Multi® $\prod 1.5 \, \mathrm{mL}$ \square 2 mL What if I forget to give my baby the supplement(s)? If you miss a dose, skip that dose and go back to your regular schedule. Do not double the dose. What if I have questions? Call your hospital dietitian. Name: Phone: Ext:

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